

# **Louisville Metro Behavioral Risk Factor Surveillance Survey Results**

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Louisville Metro Department of Public Health and wellness

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# Data Collection Method

The Louisville Metro Behavioral Risk Factor Surveillance System survey (BRFSS) is a health-related telephone survey that gathers information about health-related risk behaviors, chronic health conditions, and use of preventive services for Louisville Metro residents. Louisville Metro BRFSS was conducted by Clearwater Research, Inc., on behalf of the Louisville Metro Department of Public Health and Wellness (LMPHW) between July-December, 2013; between October-December, 2014; and August-December, 2015. Data were weighted according to a similar methodology used by the Centers for Disease Control and Prevention's (CDC) annual BRFSS and are representative of the total population of Jefferson County, Kentucky community-dwelling adults.

For more information about the weighting method please visit:

[http://www.cdc.gov/brfss/data\\_documentation/pdf/userguidejune2013.pdf](http://www.cdc.gov/brfss/data_documentation/pdf/userguidejune2013.pdf)

## Louisville Metro BRFSS Sample by Type and Year

Year	Landline (%)	Cell Phone (%)	Total (N)
2013	839 (50.66%)	817 (49.34%)	1,656
2014	883 (51.82%)	821 (48.18%)	1,704
2015	904 (50.25%)	895 (49.75%)	1,799



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# Data Notes

- For purposes of this report, white (\*) and black (\*) refer to self-selected non-Hispanic race categories. Other race categories are not mentioned in the analysis due to limited sample sizes. Hispanic (\*) refers to an ethnic category and can be of any race.
- This report uses the term “Louisville Metro” to represent Jefferson County. This includes existing independent municipalities within the Jefferson County/Louisville Metro area.
- Chi-Square tests were used to determine the statistical significance between years. Percentages with an asterisk (\*) represent differences that are statistically significant at the 95% confidence level.
- Some survey questions were asked every year for consistency and some questions that do not have data for all three years are rotated in order to achieve wider range of data.

## Interpretation of Results

In 2011, significant changes were made in sampling methodology and weighting in the BRFSS protocol by the Centers for Disease Control and Prevention (CDC). Due to these changes, BRFSS data from years prior to 2011 are not directly comparable to subsequent years. Moreover, Louisville Metro BRFSS sampling includes different proportions of cell phone and landline users when compared to CDC BRFSS sampling. Due to considerations mentioned above, data users are requested to use 2013 Louisville Metro locally conducted BRFSS data as the new baseline for BRFSS prevalence for subsequent years.

# Survey Demographics

	2013	2014	2015
<b>Age</b>			
18-34	30%	30%	30%
35-54	37%	33%	34%
55+	33%	37%	36%
<b>Gender</b>			
Male	47%	45%	47%
Female	53%	55%	53%
<b>Ethnicity</b>			
Non-Hispanic	96%	97%	96%
Hispanic	4%	3%	4%
<b>Race</b>			
White	74%	75%	72%
Black/African-American	19%	19%	20%
All others	7%	6%	8%

	2013	2014	2015
<b>Education</b>			
Less than High School	12%	10%	12%
Graduated High School/GED	29%	28%	28%
Some college	31%	32%	31%
College graduate (4+ years)	28%	30%	29%
<b>Employment</b>			
Employed/Self-employed	57%	57%	56%
Homemaker/Student/Retired	26%	28%	28%
Out of work	17%	15%	16%
<b>Household Income</b>			
Less than \$15,000	14%	15%	12%
\$15,000 - \$24,999	19%	18%	19%
\$25,000 - \$49,999	27%	24%	26%
\$50,000 - \$74,999	13%	15%	16%
\$75,000 +	27%	28%	27%



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# EXECUTIVE SUMMARY



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**NOTE:**

- Health data typically show trends over long periods of time. While we are examining three years of data and highlighting any statistically significant differences, keep in mind these data do not represent a trend.

**ACCESS TO CARE**

- Between 2013 and 2014, a greater proportion of residents reported that they had health insurance coverage (82% and 92%, respectively). The proportion remained high in 2015 (93%). This is likely attributable to the Affordable Care Act and the opening of the healthcare insurance markets in October of 2013.
- A majority of residents reported having someone they consider to be their primary care physician (70%), but 13% still say they did not see a doctor when they needed to because of the cost.

**HEALTH RELATED QUALITY OF LIFE**

- In Louisville, health related quality of life is tracked as a metric for the Metro Strategic Goal, “Help our Citizens Get Healthy.” It is also a metric tracked by community partners, including Humana. Therefore, we have provided a more detailed analysis here.
- When asked, 21% of residents say their health is “fair” or “poor.”
- Similar proportions report that their physical health (14%) or mental health (15%) was not good for 15 or more of the past 30 days.

## **HEALTH RELATED RISK FACTORS AND BEHAVIORS:**

- Around one-third of Louisville Metro residents (32%) are overweight, as classified by their body mass index (BMI) using height and weight. A BMI ranging from 25.0 to less than 30.0 qualifies as overweight.
- Similarly, another third (33%) are obese, classified by a BMI of 30.0 or higher.
- Roughly one-quarter of residents are current smokers, and 58% of the current smokers say they have tried to quit within the last year.
- While 55% have had at least one drink of alcohol in the last 30 days, 27% have engaged in binge drinking behavior. This is classified as having five or more drinks on one occasion for males, or 4 or more drinks on one occasion for females.

## **CHRONIC ILLNESS**

- 6% of residents have been told by a healthcare professional they have ever had a heart attack, 4% have been told they had a stroke. Risk factors associated with this include hypertension reported by 38% of residents, and high cholesterol reported by 34% of residents.
- 11% of residents have ever been told by a healthcare professional that they have diabetes. This can include both Type 1 or Type 2 diabetes mellitus.
- 18% of residents have ever been told they have asthma and 9% have ever been told they have COPD.
- 13% of residents have ever been told they have cancer of any type.

## **ADVERSE CHILDHOOD EXPERIENCE (ACE)**

- 63% of residents have reported facing at least one type of adverse childhood experience. 18% had experienced 4 or more types of abuse or house hold challenges (i.e., emotional abuse, intimate partner violence).



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# **ACCESS TO HEALTH CARE SERVICES**

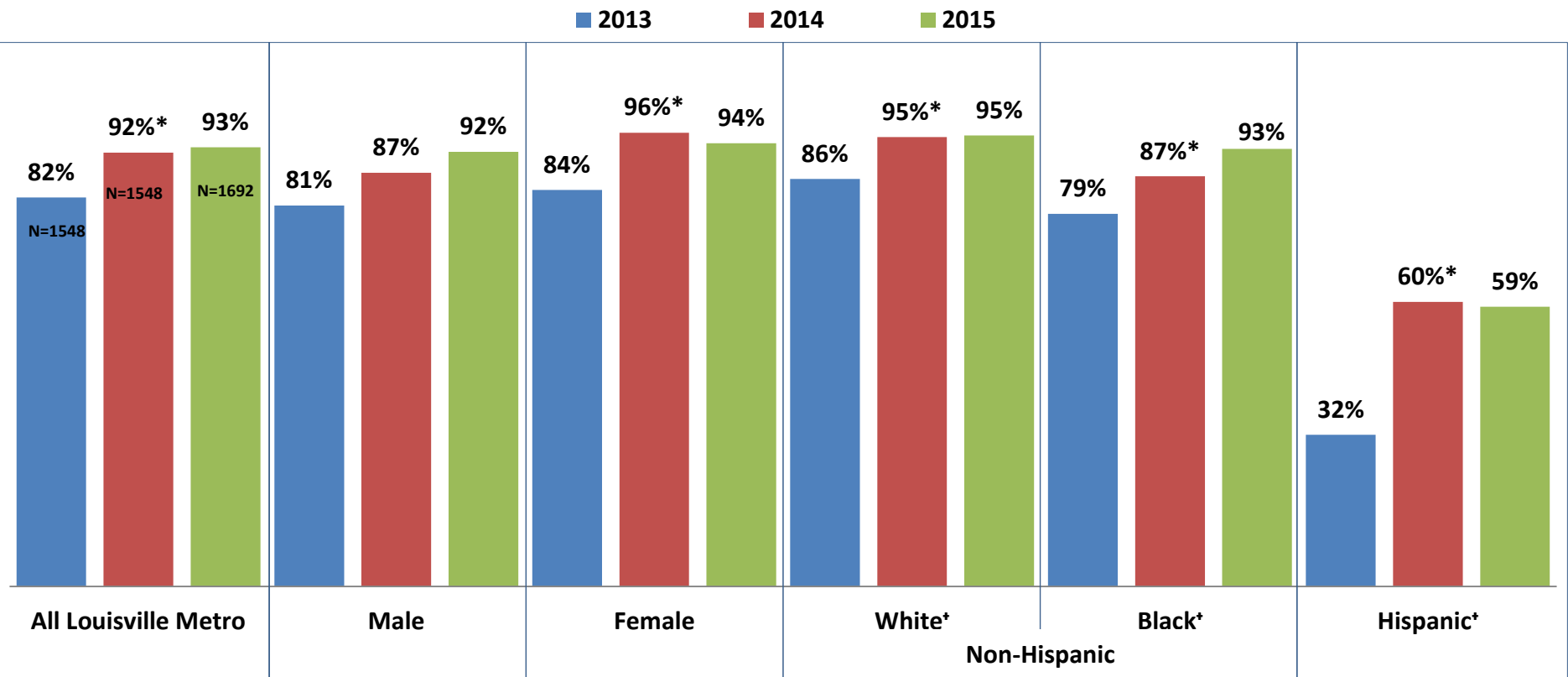


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# Residents With Health Insurance Coverage

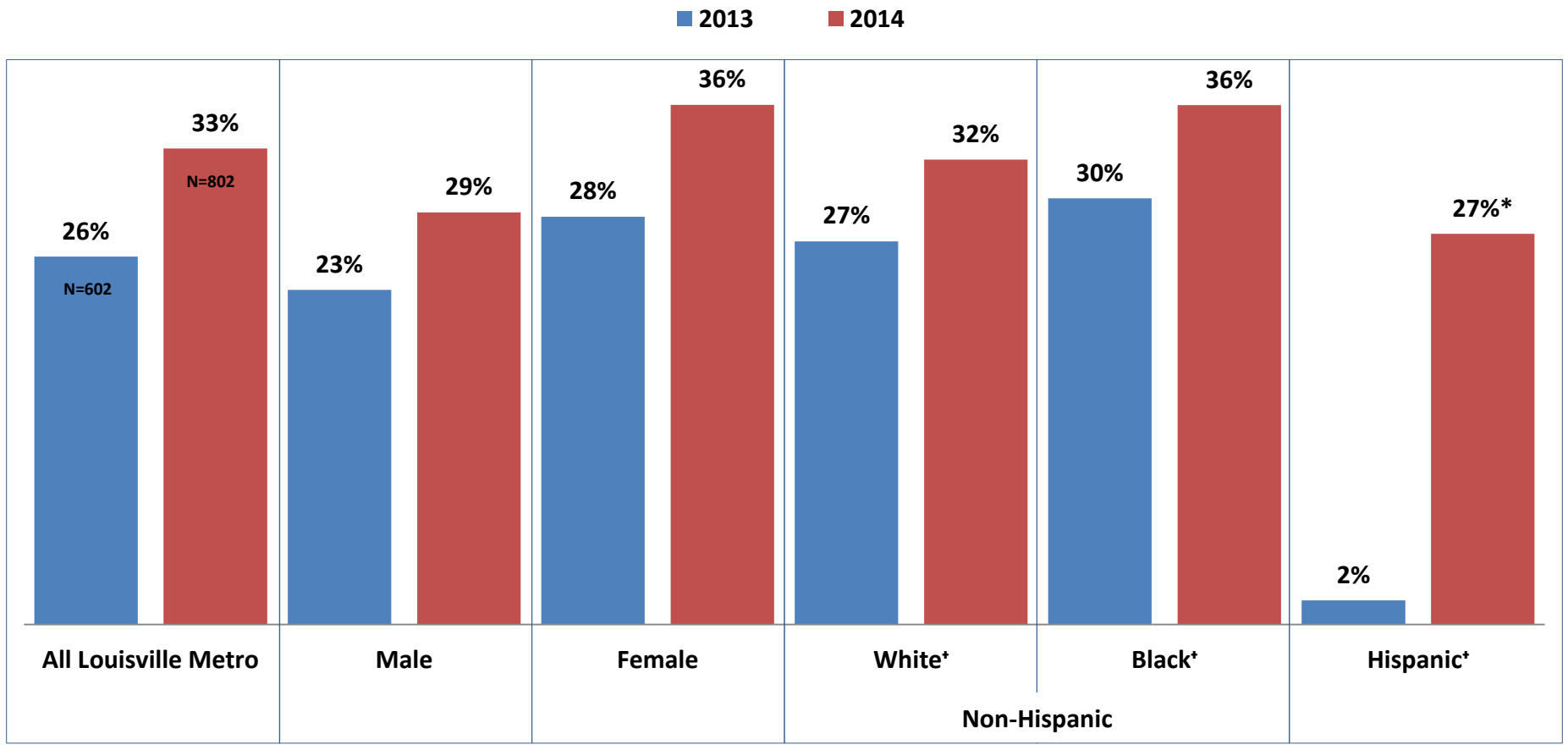
Louisville Metro saw an increase in the proportion of residents who have health insurance between 2013 and 2014. This increase is seen among women, black, white, and Hispanic residents.



**All respondents:** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Service?  
**N** represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Louisville Metro Residents With Medicare

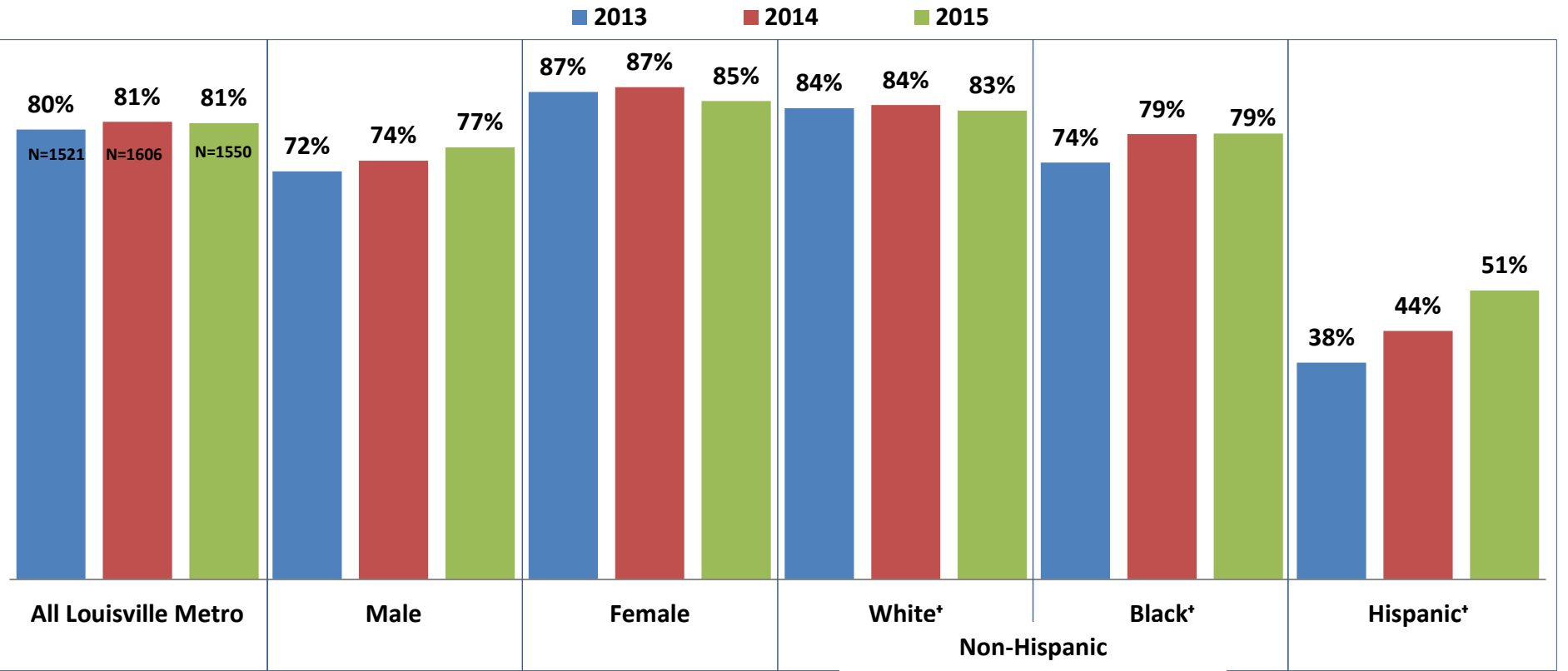
Across the metro area, roughly one-third of residents were covered by Medicare in 2014. Louisville Metro saw a sharp increase in the proportion of Hispanic residents who were covered under Medicare between 2013 and 2014.



**All respondents:** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Service?  
**N** represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Residents With a Primary Care Provider

Between 2013 and 2015, the proportion of residents who had a primary care provider remained stable at around 80%. The Hispanic residents were least likely to have a primary care provider.



**All respondents:** Do you have one person you think of as your personal doctor or health care provider?  
**N** represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

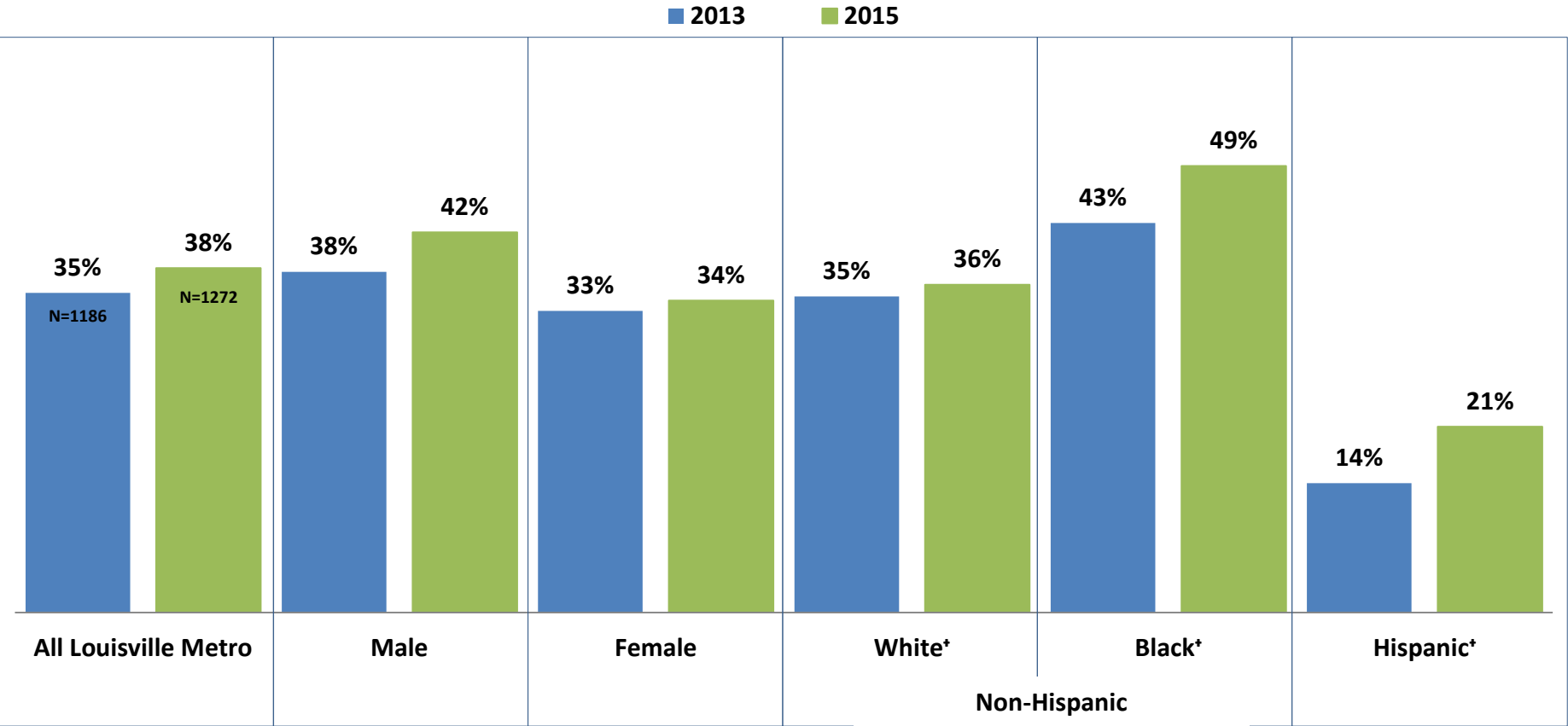
# SCREENINGS & CHECK-UPS



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# Percent of Residents Who Had Their Blood Cholesterol Checked in The Past Year

Among those residents who have ever had their cholesterol levels tested, about two-in-five have done so within the prior year.



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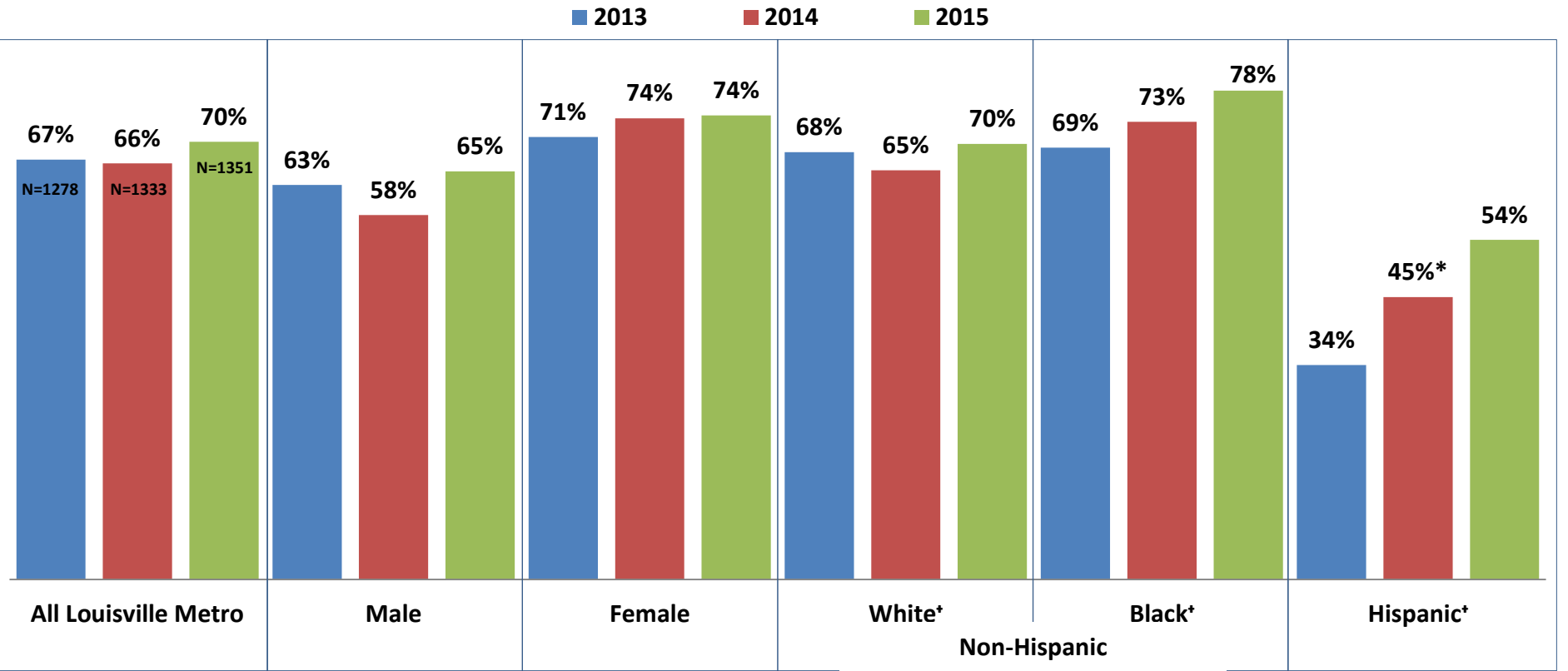
**Respondents who have ever had their cholesterol checked:** About how long ago has it been since you last had your blood cholesterol checked?

**N** represents total number of positive responses for all Louisville

(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Residents With A Routine Checkup Within the Past Year

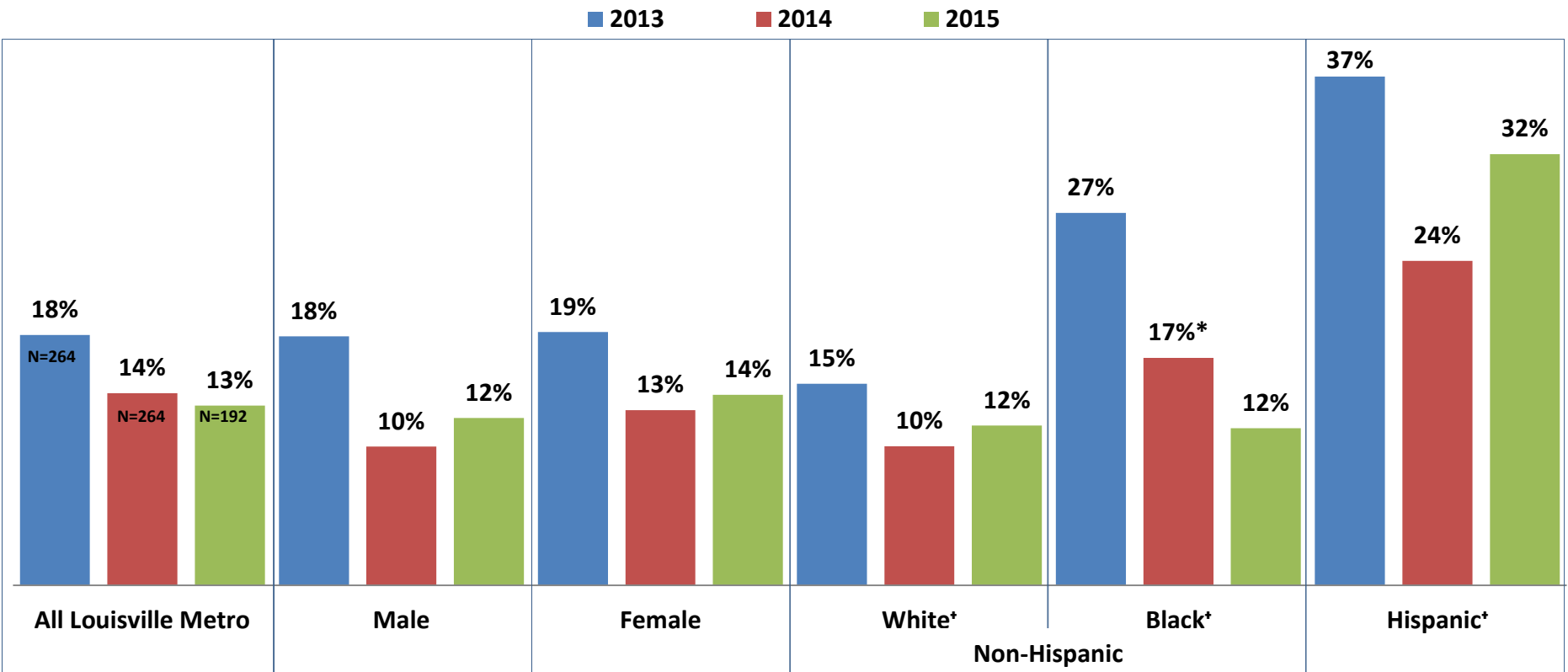
While the proportion of residents who had a routine checkup in the past year remained fairly consistent for most groups, Hispanic residents saw a statistically significant increase.



**All respondents:** About how long has it been since you last visited a doctor for a routine checkup?  
**N** represents total number of positive responses for all Louisville  
(\* ) (\*) Definitions for special characters provided in the data notes (slide#4)

# Did Not See Physician in Past Year When Needed Due to Cost

More than 1 in 10 residents say they could not see a doctor at some point in the past year because of cost. This cost barrier decreased significantly among black population between 2013 and 2015.



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Louisville Metro Behavioral Risk Factor Surveillance System

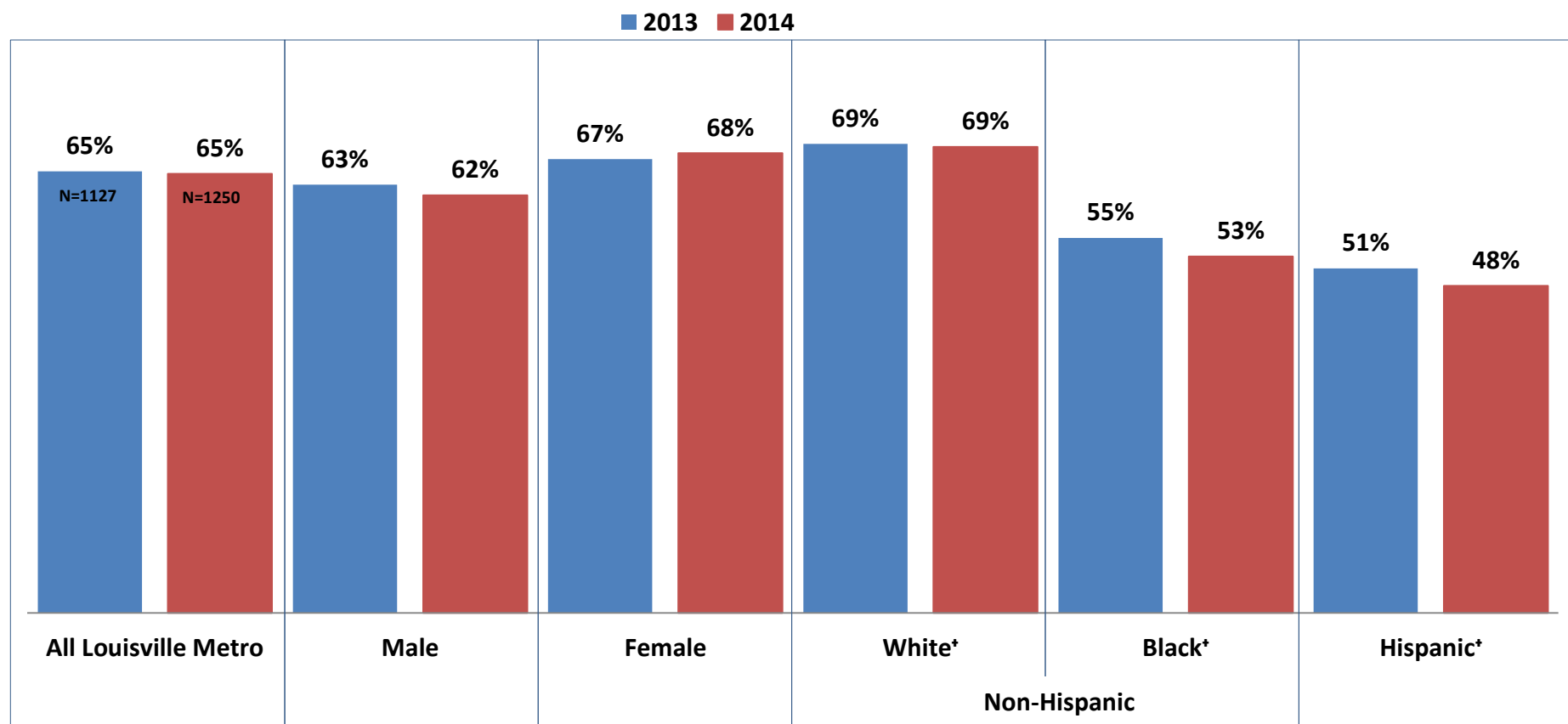
**All respondents:** Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

**N represents total number of positive responses for all Louisville**

**(\*) (\*)** Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents who Saw a Dentist or Dental Clinic in the Past Year

Nearly two-thirds of residents have visited a dentist or dental clinic within the past year, for any reason.



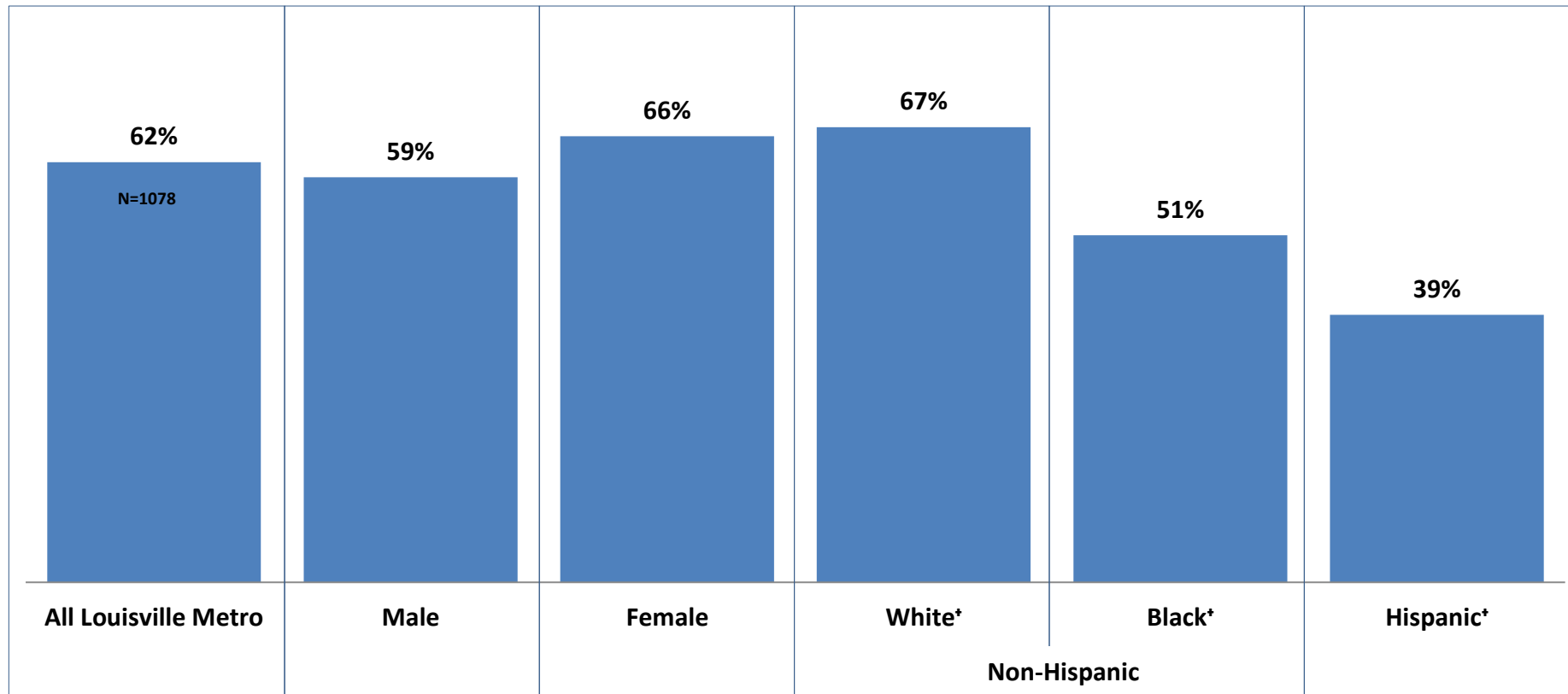
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**All respondents:** How long has it been since you last visited a dentist or a dental clinic for any reason?  
**N** represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)



# Percent of Residents Who Had Teeth Cleaned in Past Year

In 2013, approximately 3 in 5 residents had their teeth cleaned within the past year by a dentist or dental hygienist.



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**All respondents:** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**N** represents total number of positive responses for all Louisville

**(\*) (\*)** Definitions for special characters provided in the data notes (slide#4)

# **HEALTH STATUS: HEALTH RELATED QUALITY OF LIFE IN LOUISVILLE METRO RESIDENTS**



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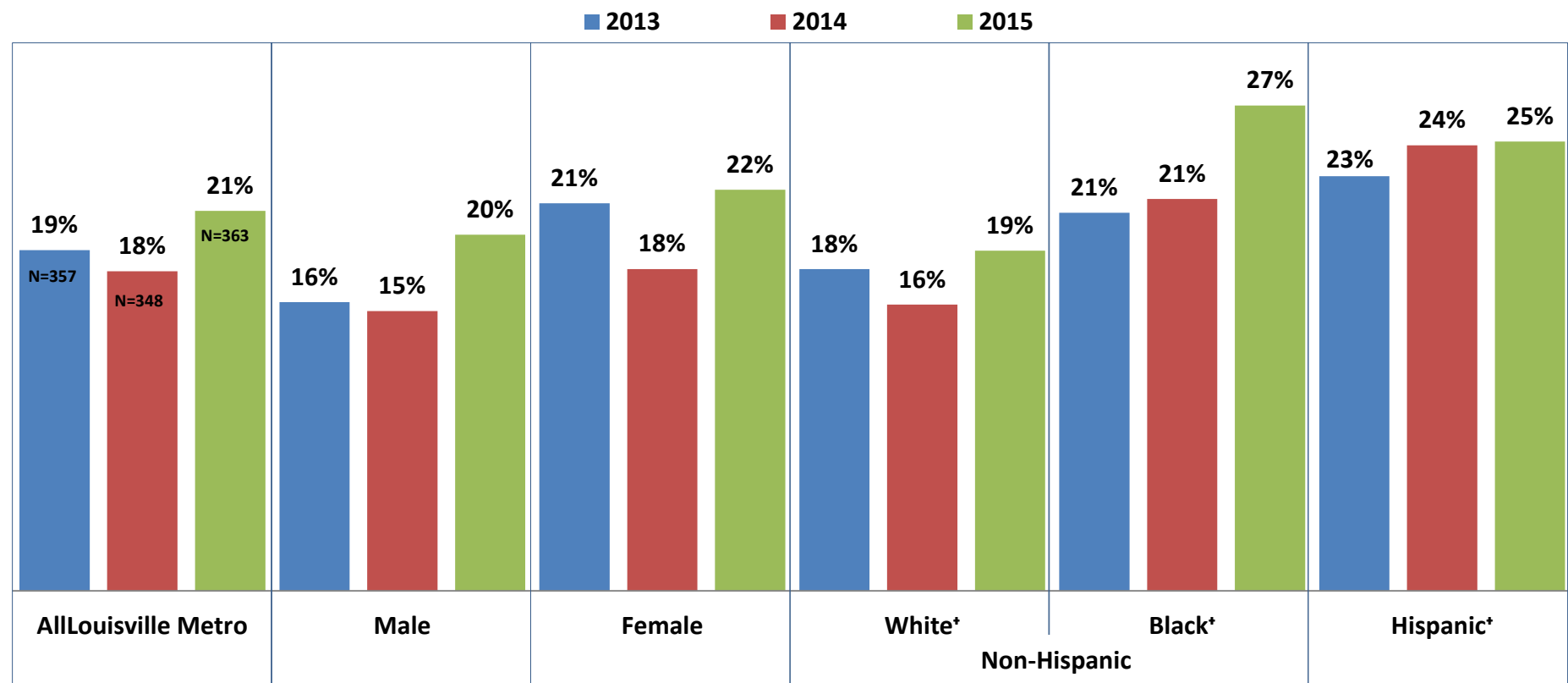
# Why Does Health Related Quality of Life Matter?

- It's the subjective part of health that we miss if we only measure presence or absence of disease. "How do you feel today" can be just as important as whether or not you have a disease.
- That concept is reflected in WHO's broad definition of health: a state of physical and emotional well-being, not just presence/absence of disease.

# Health Related Quality of Life:

## Percent Reporting "Fair" or "Poor" Health Status

Around 1 in 5 residents believe their health is “poor” or “fair” (as opposed to “good” or “excellent”).

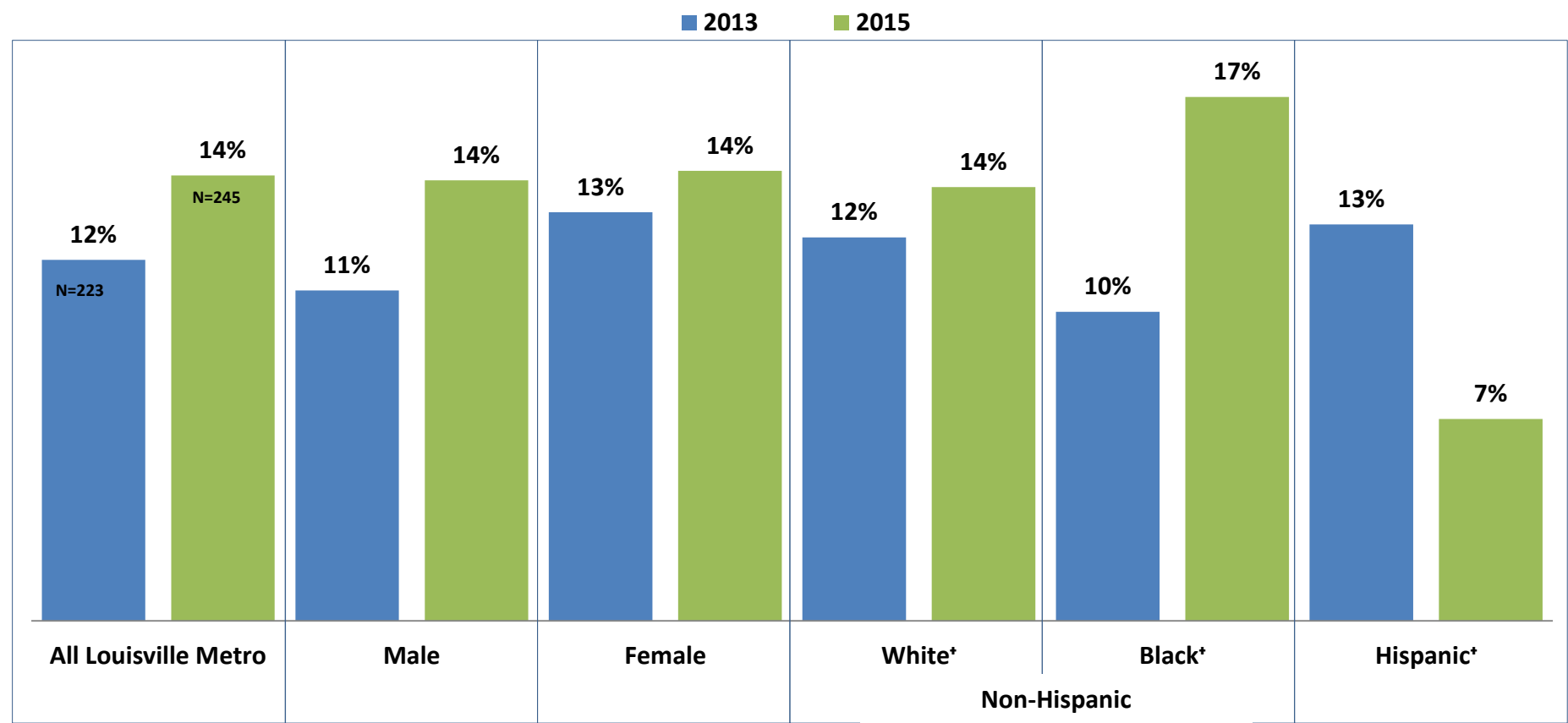


**All respondents:** Would you say that, in general, your health is...? (Excellent, Very good, Good, Fair, Poor)  
**N** represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Health Related Quality of Life:

## Percent Reporting Physical Health not Good for More Than 15 Days Within the Past Month

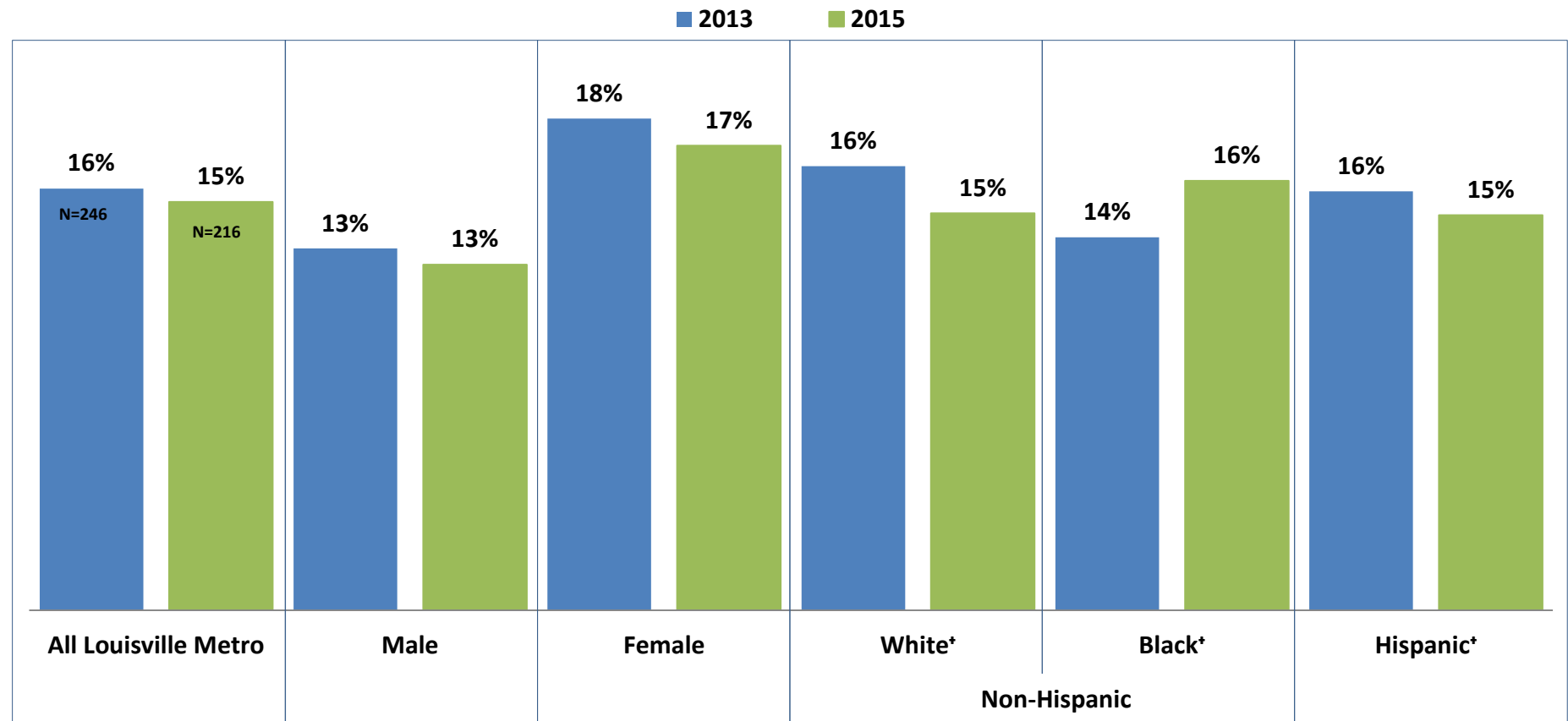
A little more than 1 in 10 residents report 15 or more days of poor physical health in the last month.



# Health Related Quality of Life

## Percent Reporting Mental Health Not Good for Over 15 Days Within Past Month

Around 1 in 6 residents report 15 or more days of poor mental health in the last month.



**All respondents:** Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

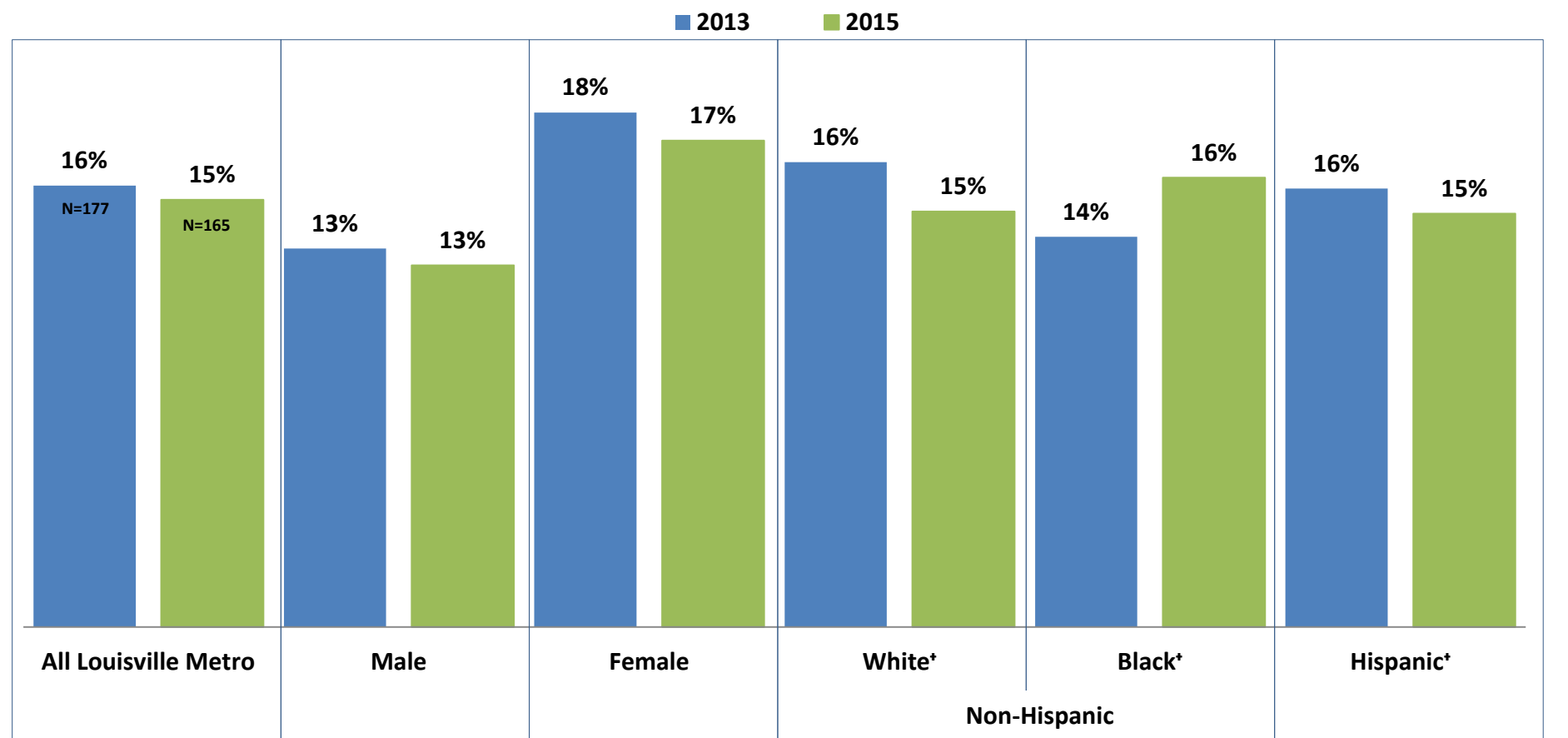
**N represents total number of positive responses for all Louisville**

**(\*) (\*)** Definitions for special characters provided in the data notes (slide#4)

# Health Related Quality of Life

## Percent of Residents With 15+ Activity-Limitation Days

For those residents who say they had at least one day of poor physical or mental health, about 1 in 6 say that poor health kept them from doing their usual daily activities.



**Respondents who reported at least 1 day of poor mental or physical health:** During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

**N represents total number of positive responses for all Louisville**

**(\*) (\*)** Definitions for special characters provided in the data notes (slide#4)

# HEALTH RELATED BEHAVIORS & RISK FACTORS

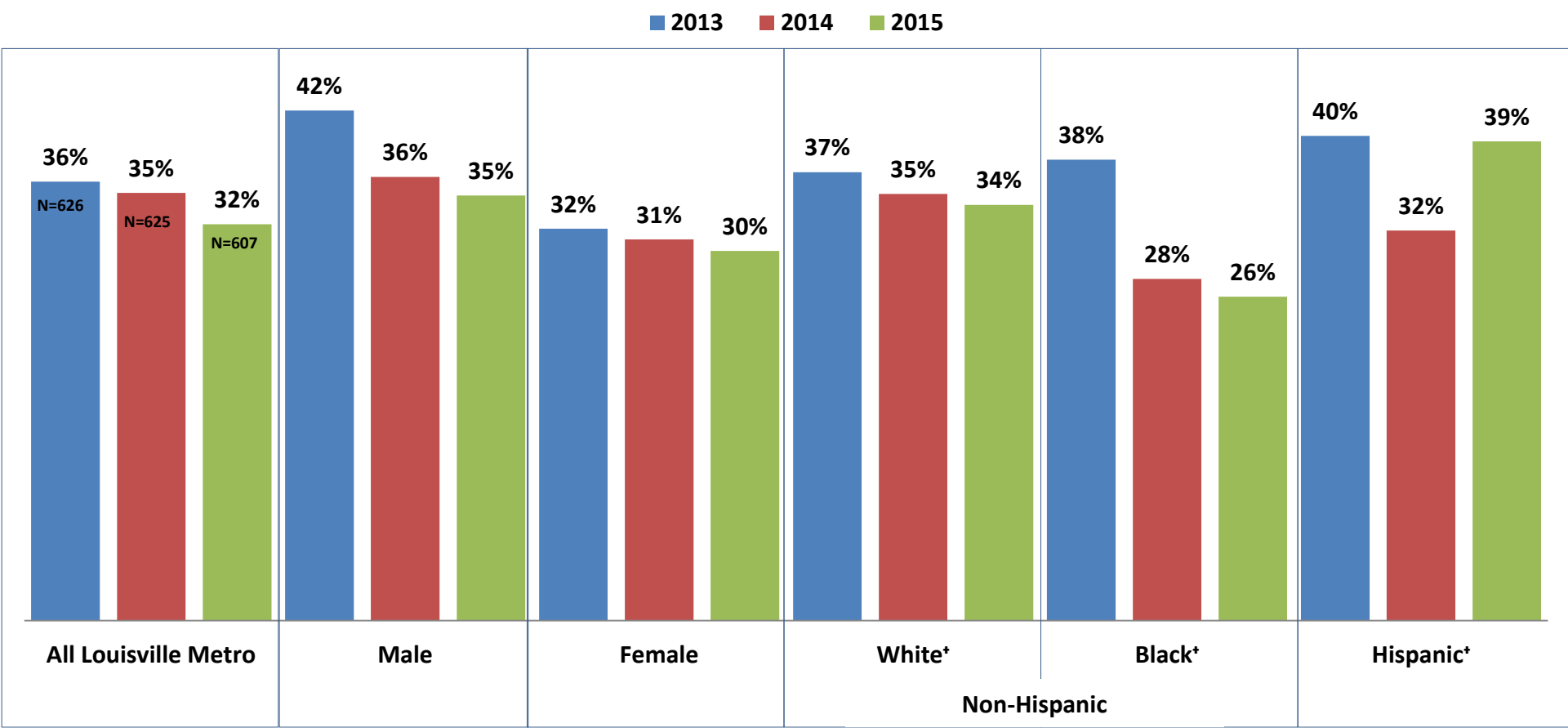


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# Percent of Residents Who Are Overweight

Roughly one-third of residents can be classified as overweight according to their body mass index (BMI), computed from height and weight. (BMI between 24.1 and 29.9)



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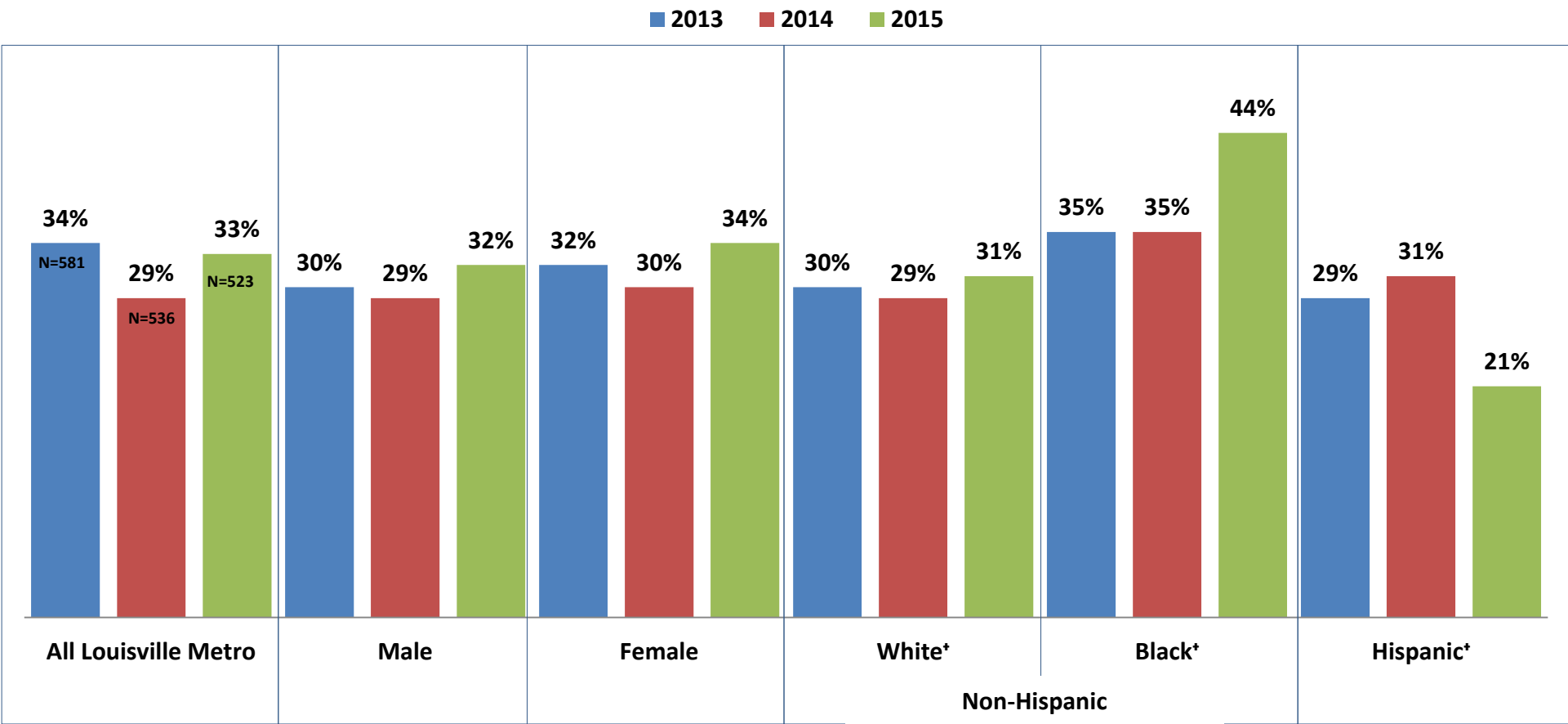
**All respondents:** Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions)

**N represents total number of positive responses for all Louisville**

**(\*) (\*) Definitions for special characters provided in the data notes (slide#4)**

# Percent of Residents Who Are Obese

Roughly one-third of residents can be classified as obese according to their body mass index (BMI), computed from height and weight. (BMI of 30.0 or higher)



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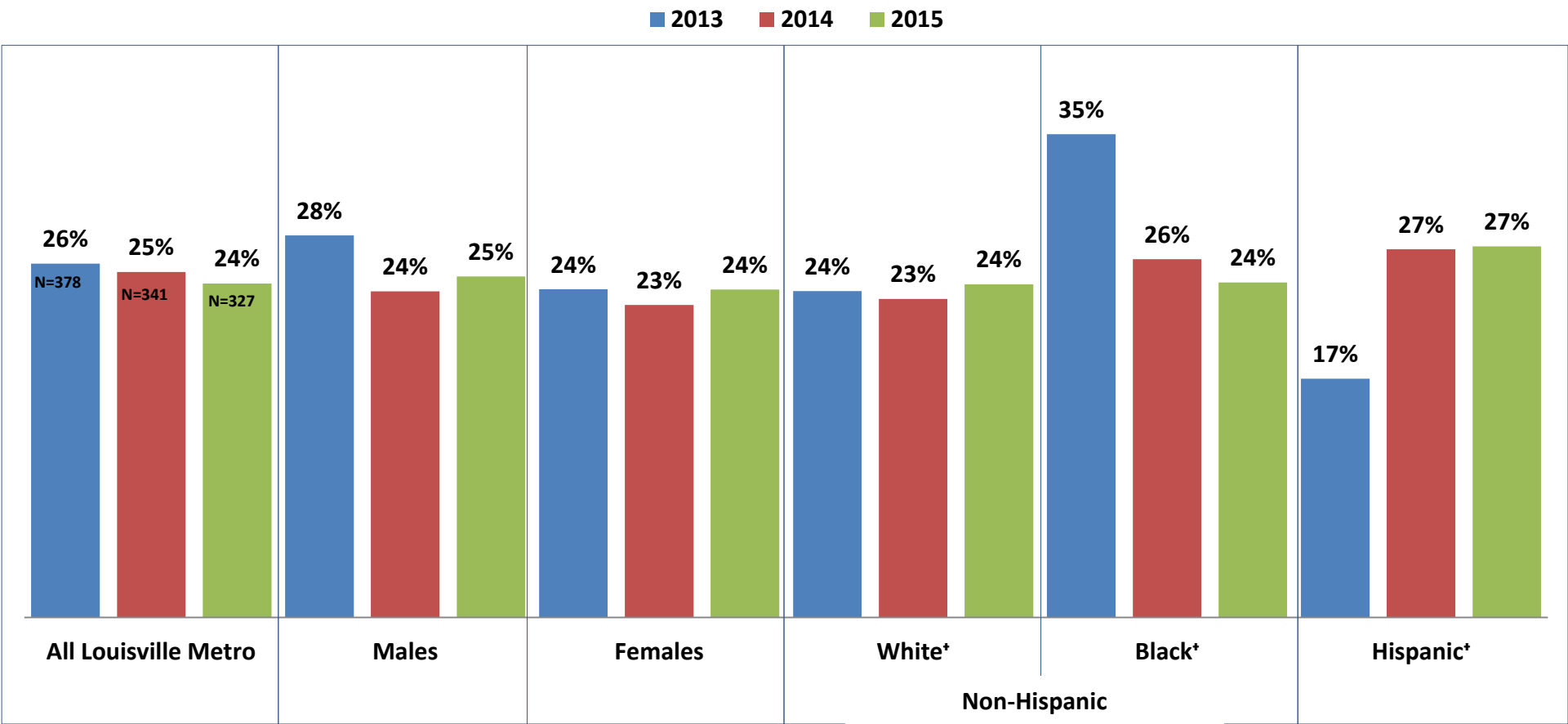
**All respondents:** Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions)

**N** represents total number of positive responses for all Louisville

(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents Who are Current Smokers

From 2013 to 2015, approximately one-quarter of Louisville residents report that they are current smokers.



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**Louisville Metro Behavioral Risk Factor Surveillance System**

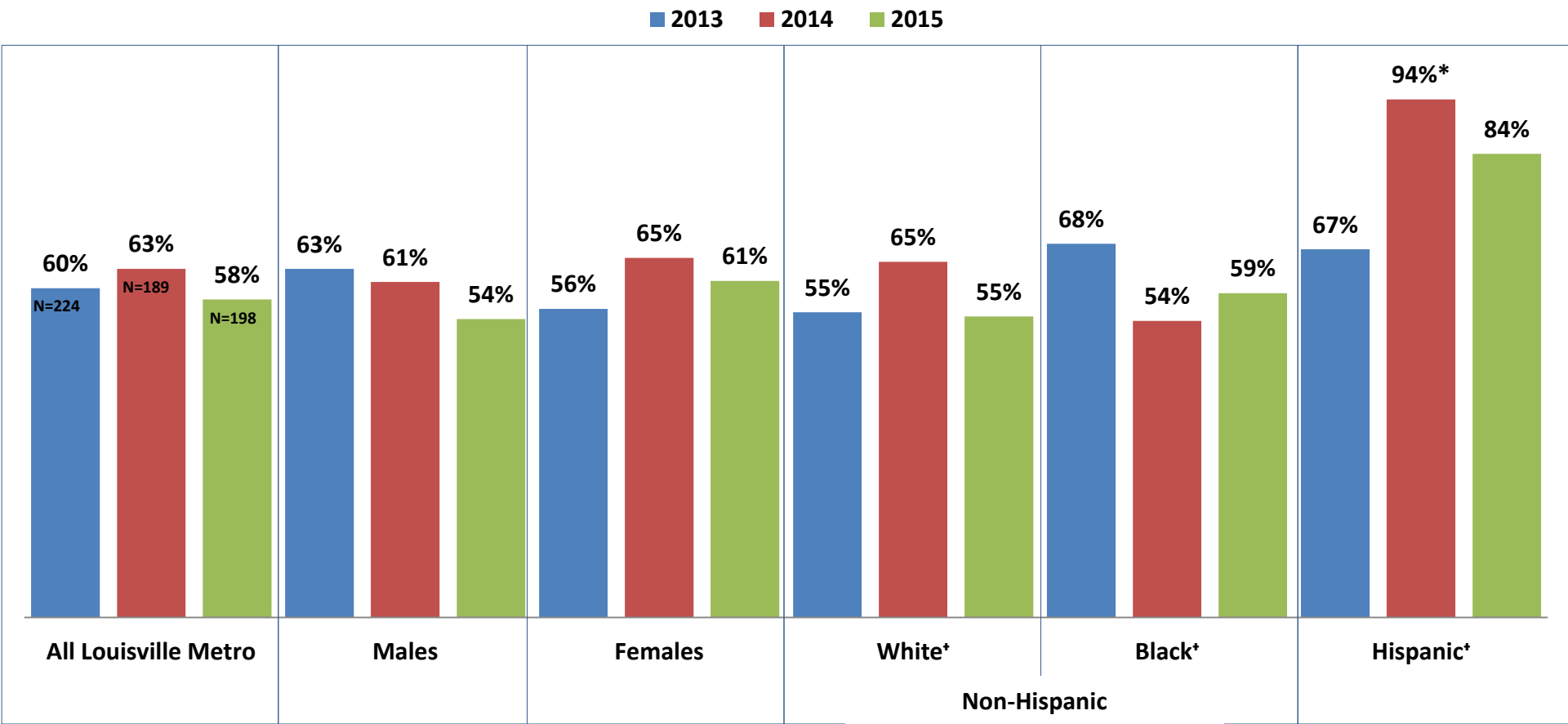
**All respondents:** Adults who are current smokers (variable calculated from one or more BRFSS questions)

**N represents total number of positive responses for all Louisville**

**(\*) (\*)** Definitions for special characters provided in the data notes (slide#4)

# Percent of Current Smokers Who Report Trying to Quit in the Past Year

Among those who are current smokers, more than half have tried to quit in the past year. Between 2013 and 2014, that proportion dramatically increased among Hispanic residents.



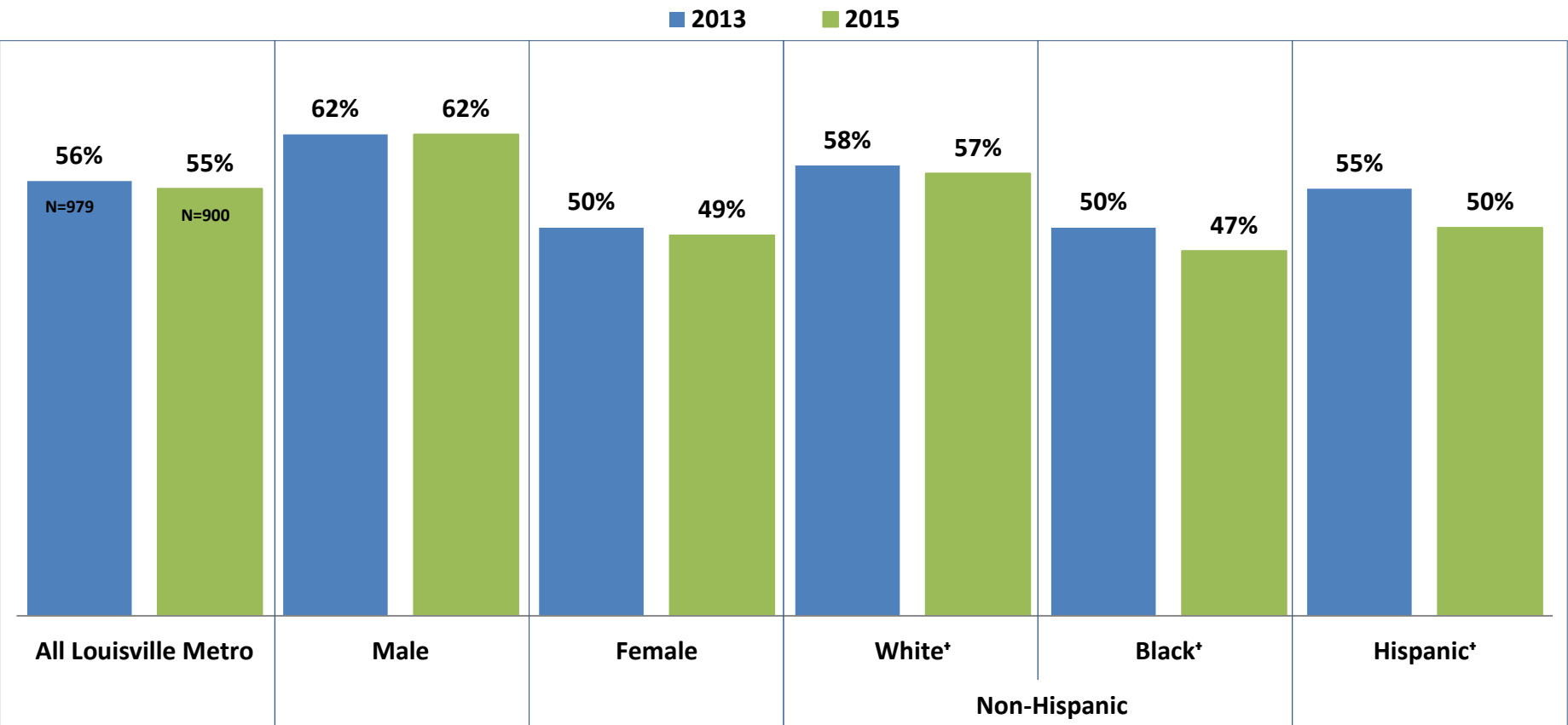
**All respondents:** During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

**N** represents total number of positive responses for all Louisville

(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Had at Least One Drink of Any Alcoholic Beverage in the Past 30 Days

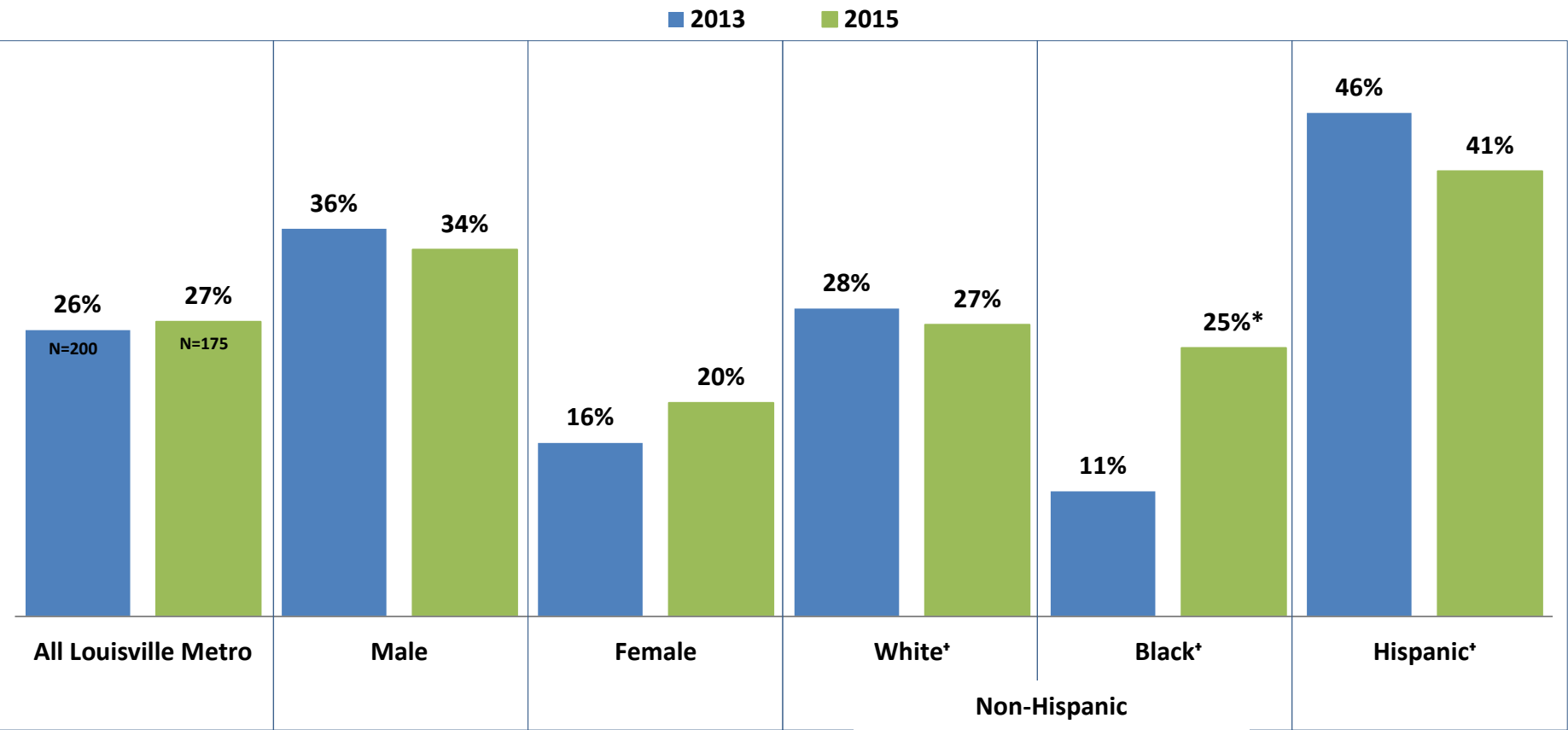
More than half of residents report having at least one alcoholic drink in the prior month.



**All respondents:** Adults who have had at least one drink of alcohol within the past 30 days  
**N** represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents Who Have Engaged in Binge Drinking

From 2013 to 2015, over one-quarter of residents reported binge drinking behavior. The proportion of black residents who report binge drinking rose between 2013 and 2015 significantly.



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**All respondents:** Binge drinking (having five or more drinks on one occasion within the past month)  
(variable calculated from one or more BRFSS questions)  
**N** represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

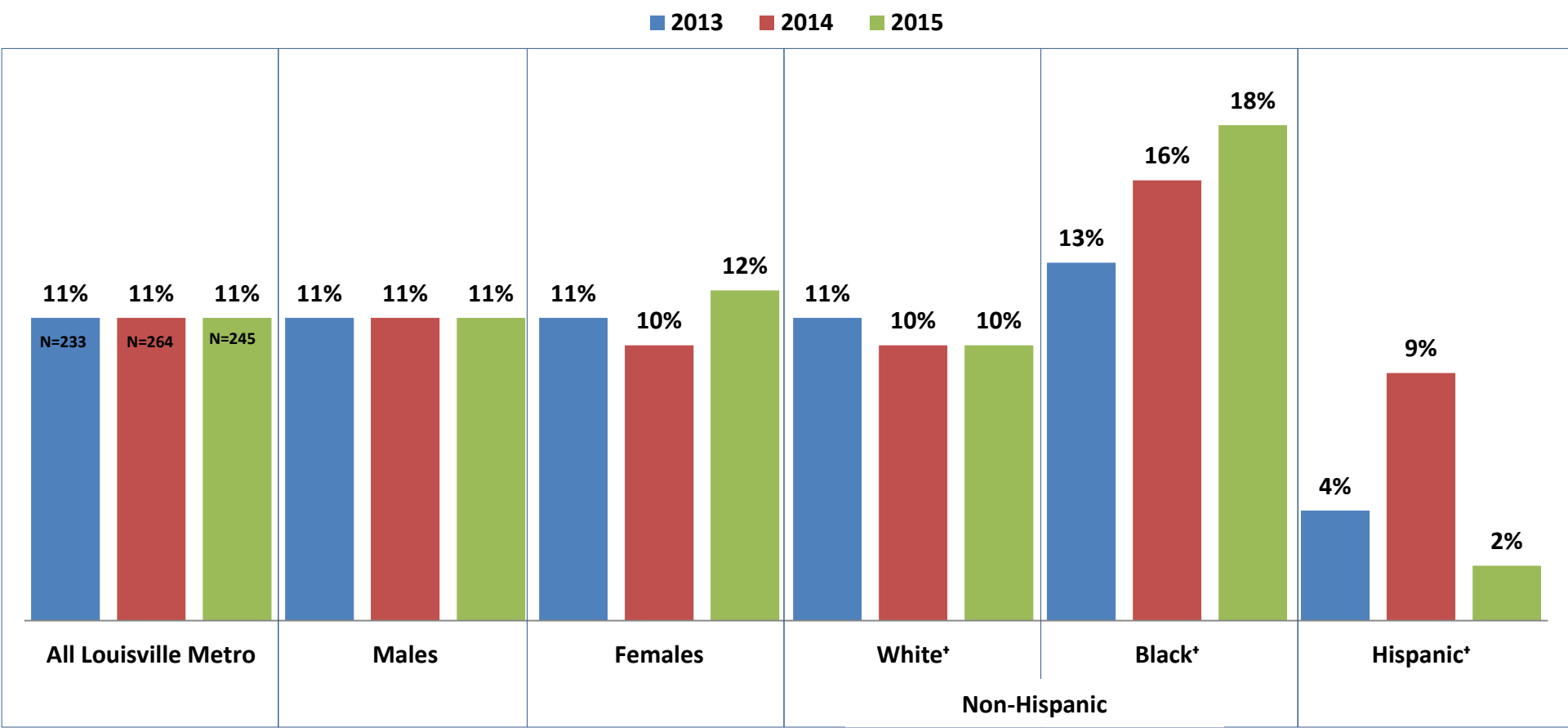
# **CHRONIC ILLNESS IN LOUISVILLE METRO RESIDENTS**



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# Percent of Residents Who Have Been Told They Have Diabetes

Eleven percent of residents say they have ever been told by a healthcare professional they have any form of diabetes.

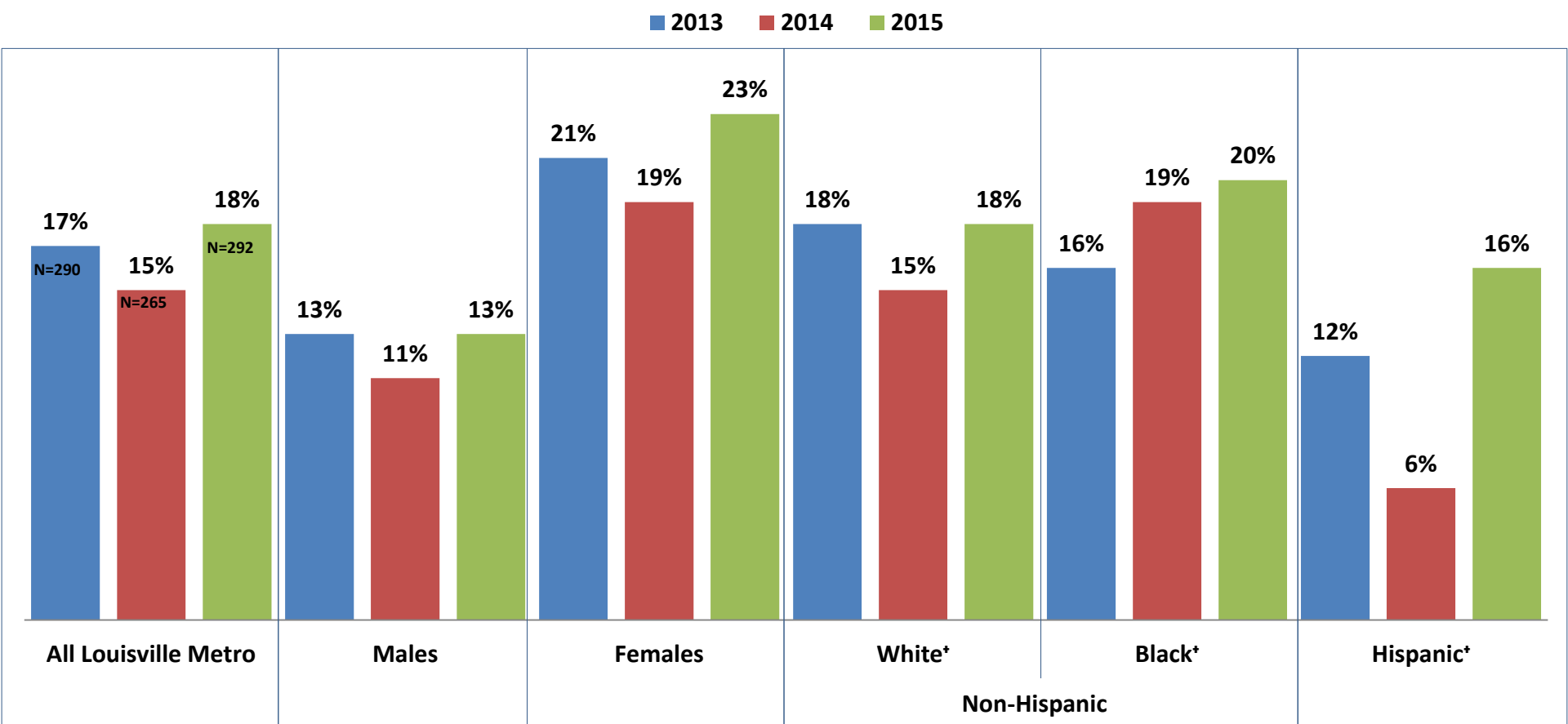


**All respondents:** Have you ever been told by a doctor, nurse, or other health professional that you had diabetes?  
**N** represents total number of positive responses for all Louisville  
(\* ) (\*) Definitions for special characters provided in the data notes (slide#4)



# Percent of Residents Who Were Ever Told They Had Asthma

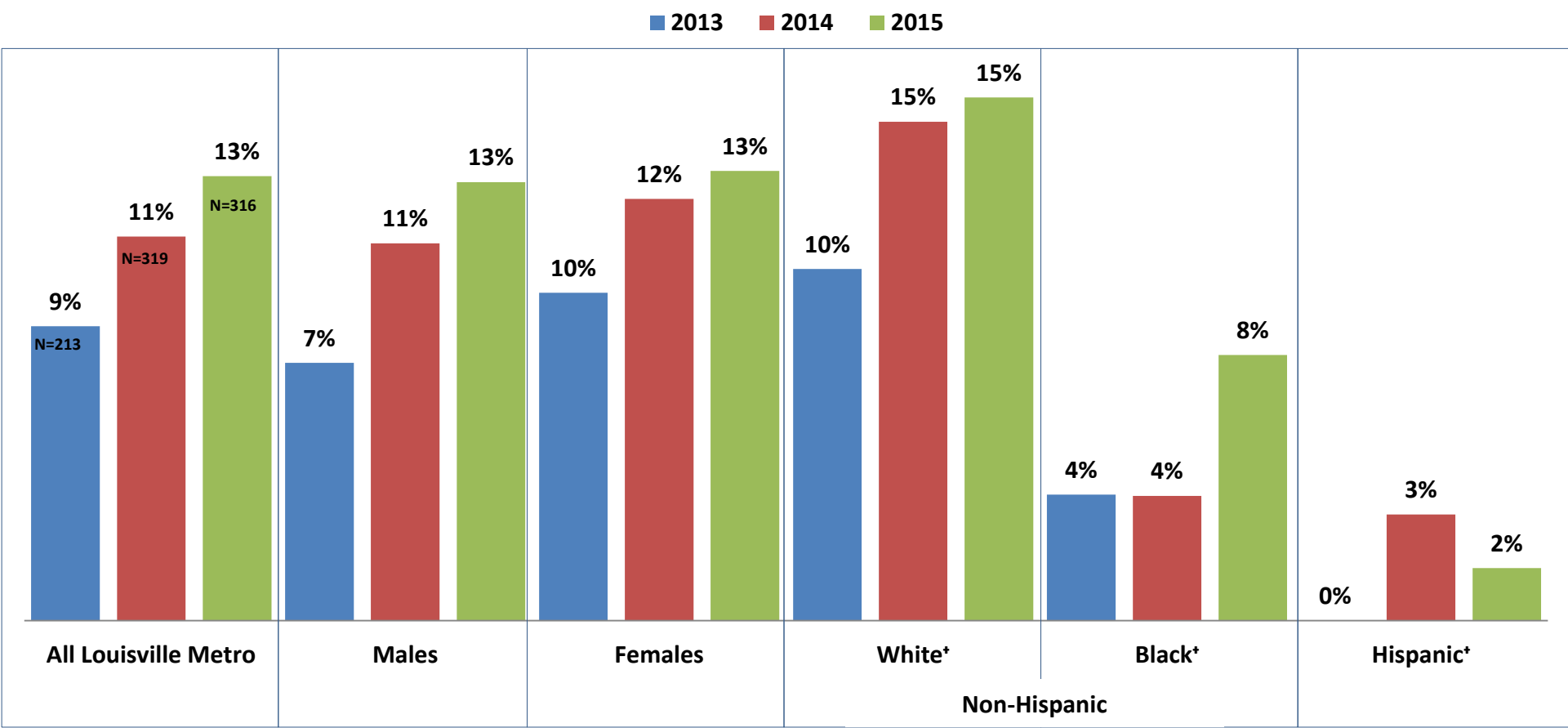
Roughly 1 in 6 residents have ever been told by a healthcare professional they have asthma.



**All respondents:** Have you ever been told by a doctor, nurse, or other health professional that you had asthma?  
**N** represents total number of positive responses for all Louisville  
(\*) (†) Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents Who Have Ever Had Cancer (Any Type)

Around 1 in 10 residents have ever been told by a healthcare professional they had any form of cancer.



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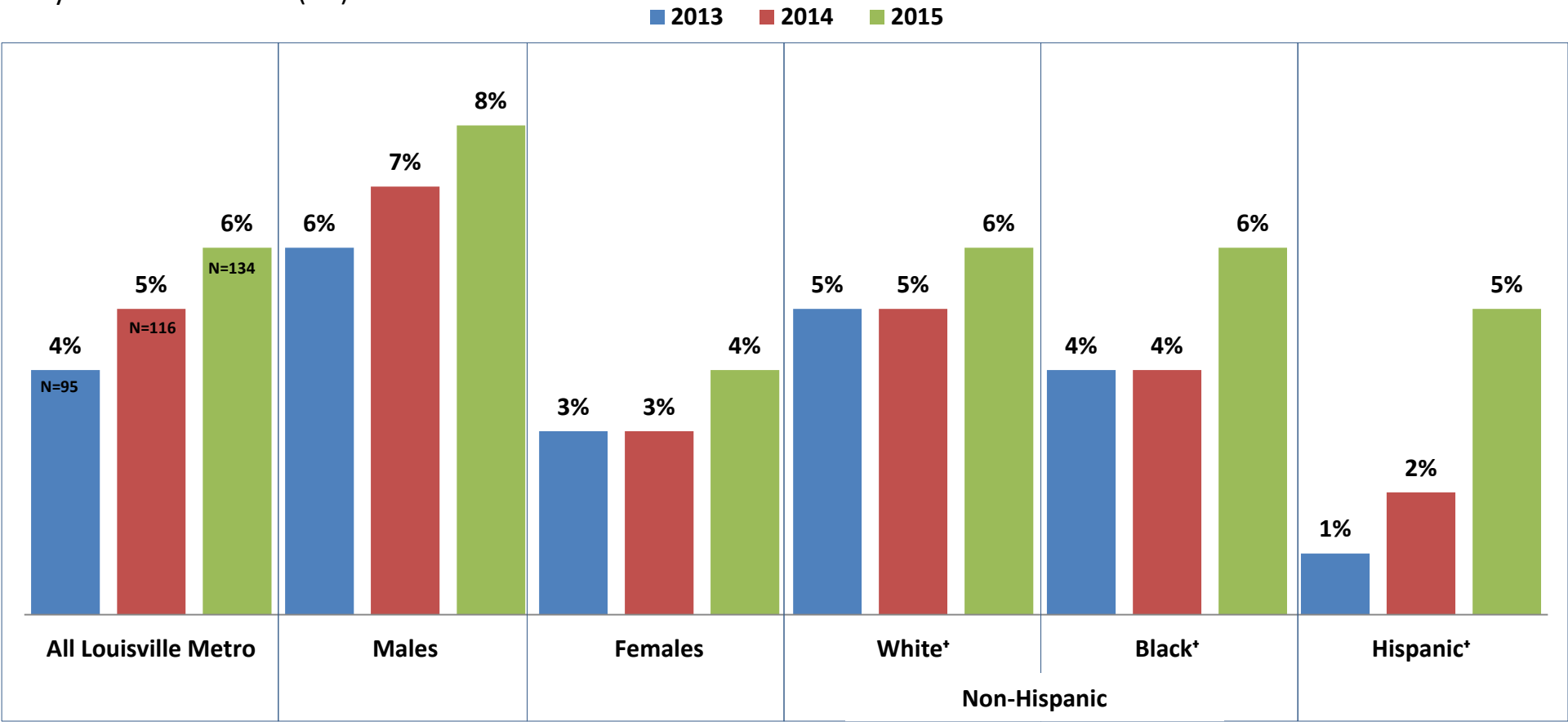
**All respondents:** Have you ever been told by a doctor, nurse, or other health professional that you had any type of cancer?

**N** represents total number of positive responses for all Louisville

(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents Who Have Ever Had a Myocardial Infarction (Heart Attack)

Between 2013 and 2015, 4 to 6 percent of residents were told they ever had a heart attack, also known as an myocardial infarction (MI).



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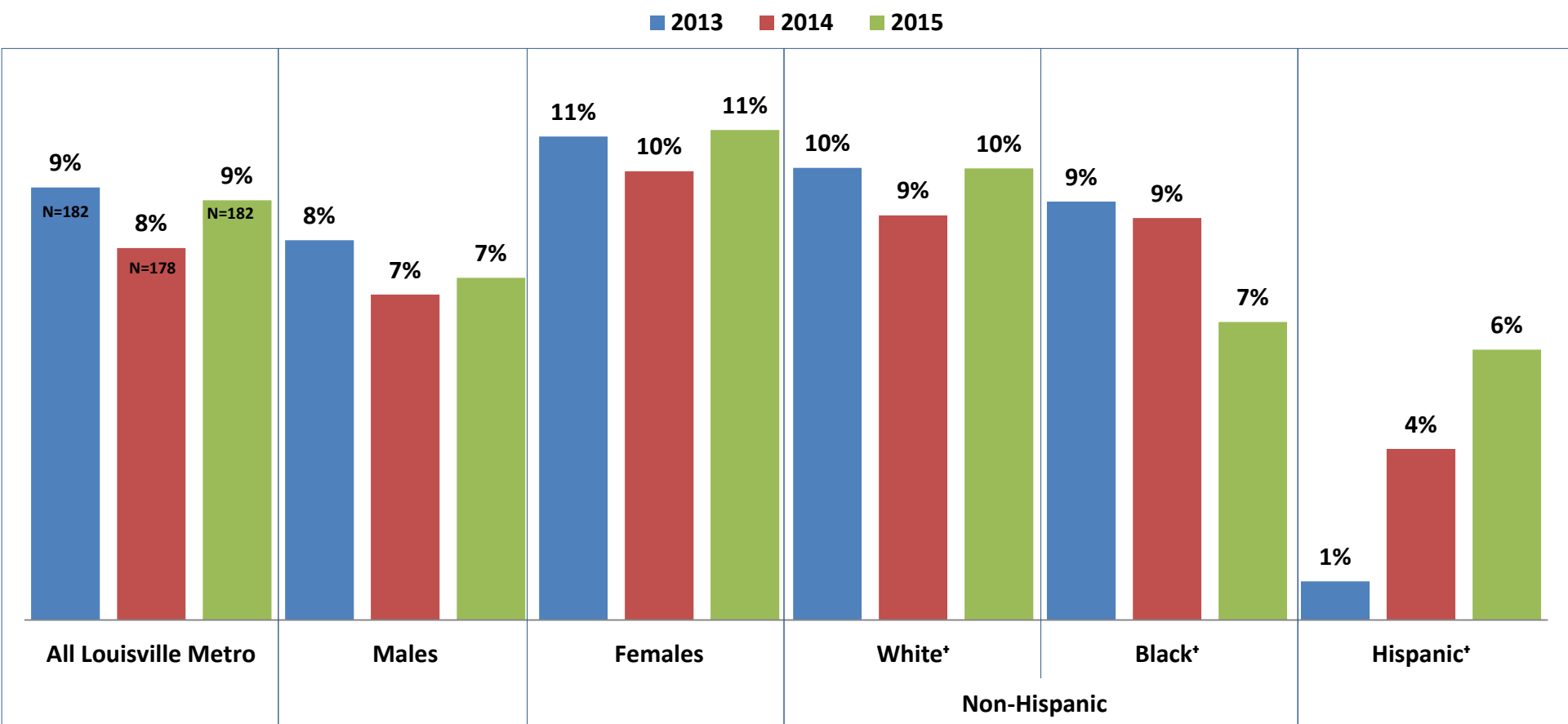
**All respondents:** Have you ever been told by a doctor, nurse, or other health professional that you had Myocardial Infarction?

**N represents total number of positive responses for all Louisville**

**(\*) (\*)** Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents Who Have Ever Had COPD

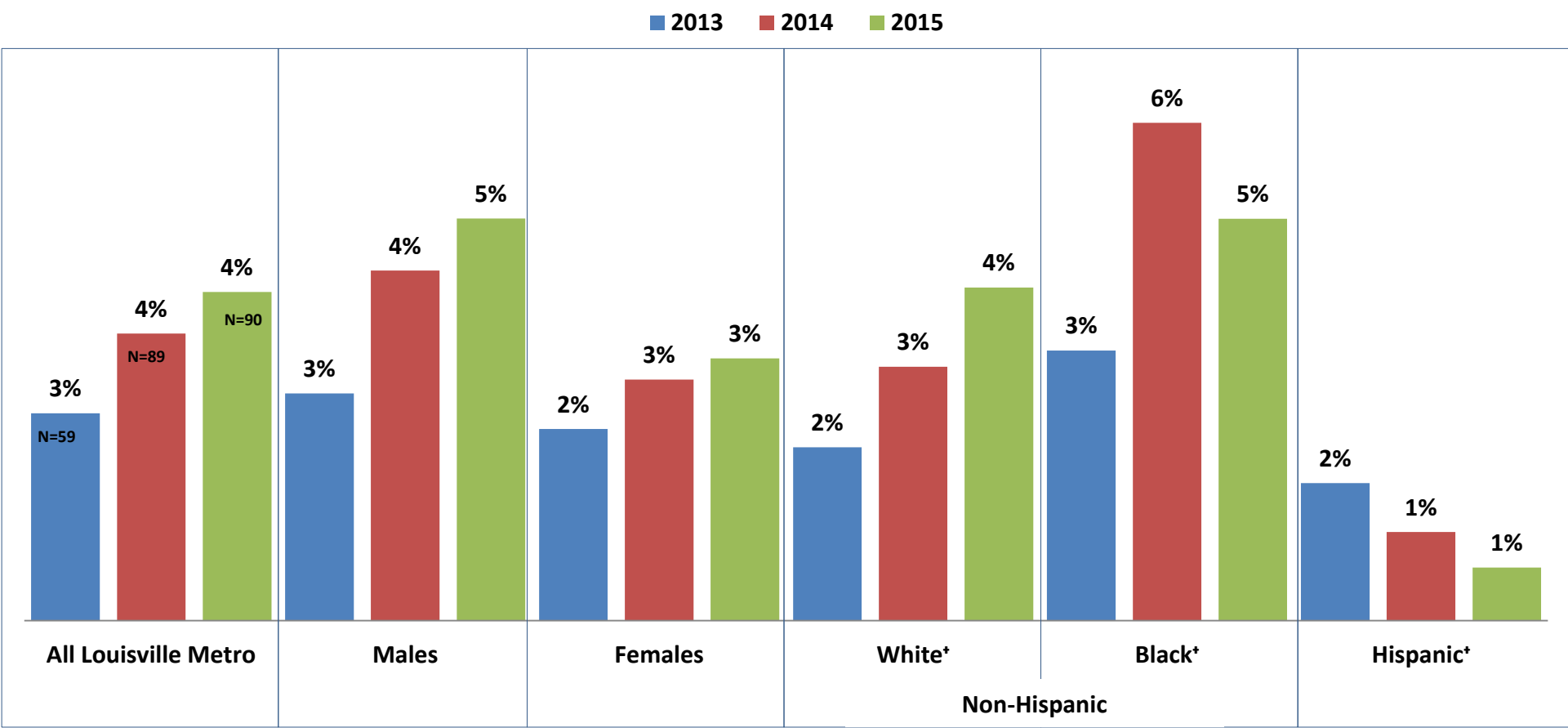
Roughly 1 in 10 residents have ever been told by a healthcare professional they have chronic obstructive pulmonary disorder (COPD), a chronic lung disease.



**All respondents:** Have you ever been told by a doctor, nurse, or other health professional that you had COPD?  
**N** represents total number of positive responses for all Louisville  
(\* ) (\*) Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents Who Have Ever Had a Stroke

Around 4% of residents have ever been told by a healthcare professional that they have had any type of a stroke. This includes hemorrhagic and ischemic strokes, as well as transient ischemic attacks (TIA), sometimes called a “mini-stroke.”

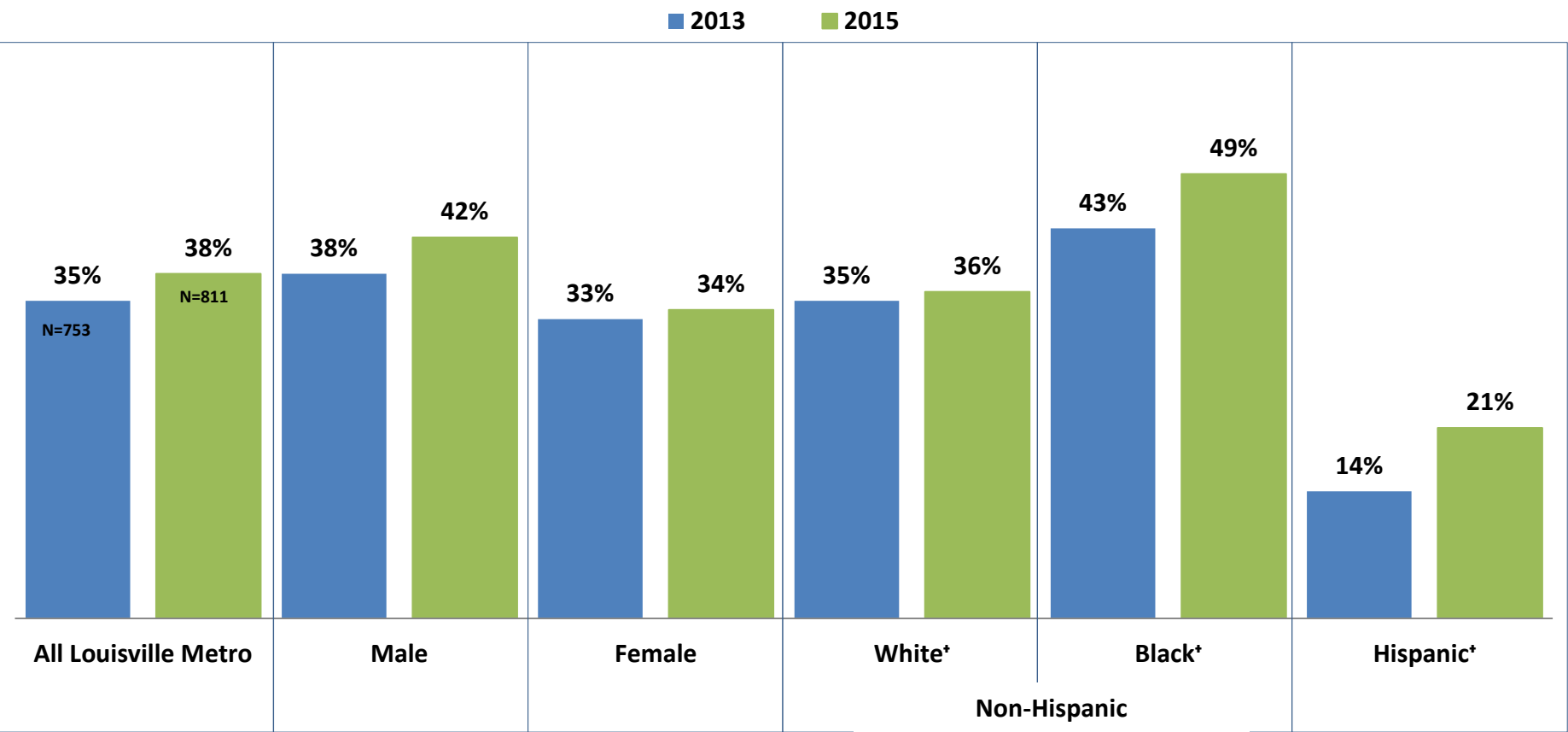


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**All respondents:** Have you ever been told by a doctor, nurse, or other health professional that you had stroke?  
**N** represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents Who Have Ever Had Hypertension

Nearly 2 in 5 residents have ever been told by a healthcare professional they have high blood pressure, also known as hypertension.



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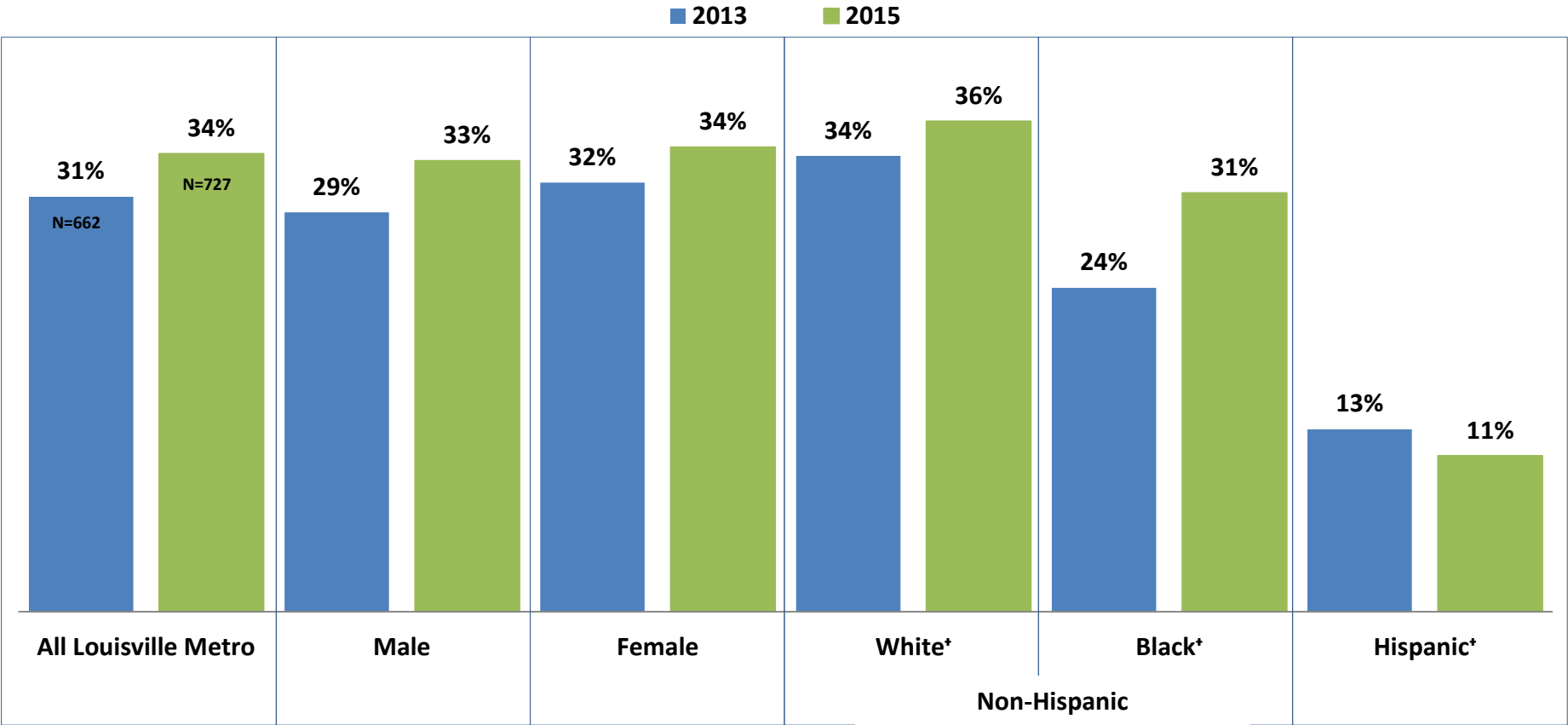
**All respondents:** Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

**N** represents total number of positive responses for all Louisville

(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Percent of Residents Who Have Ever Had High Cholesterol

In 2015, over one-third residents have ever been told by a healthcare professional they have high cholesterol.



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**All respondents:** Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

**N** represents total number of positive responses for all Louisville

(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# **ADVERSE CHILDHOOD EXPERIENCE (ACE)**



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## Why do we measure ACE?

- Research has shown exposure to abuse or household dysfunction during childhood are risk factors for adverse health and well-being outcomes across the life course.

## How do we calculate ACE?

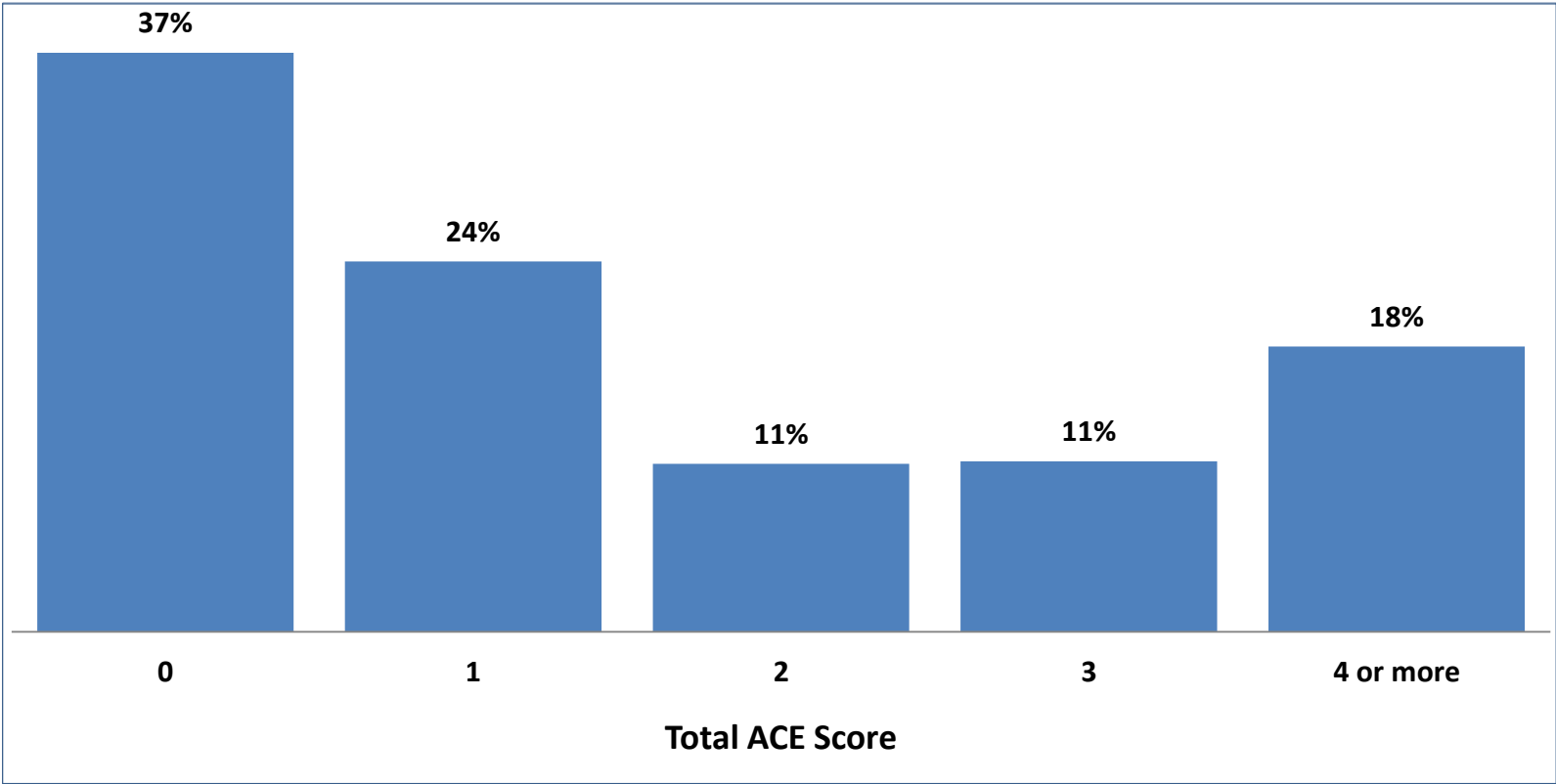
- Each respondent is asked 11 questions regarding different types of ACE and we computed score based on the total number of experiences reported.
- For questions and further information please visit:  
[https://www.cdc.gov/violenceprevention/acestudy/ace\\_brfss.html](https://www.cdc.gov/violenceprevention/acestudy/ace_brfss.html)



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# Percentage Residents Who Have Had Adverse Childhood Experiences

In the year 2014, 63% (N=1708) of Louisville Metro residents had one or more adverse childhood experiences

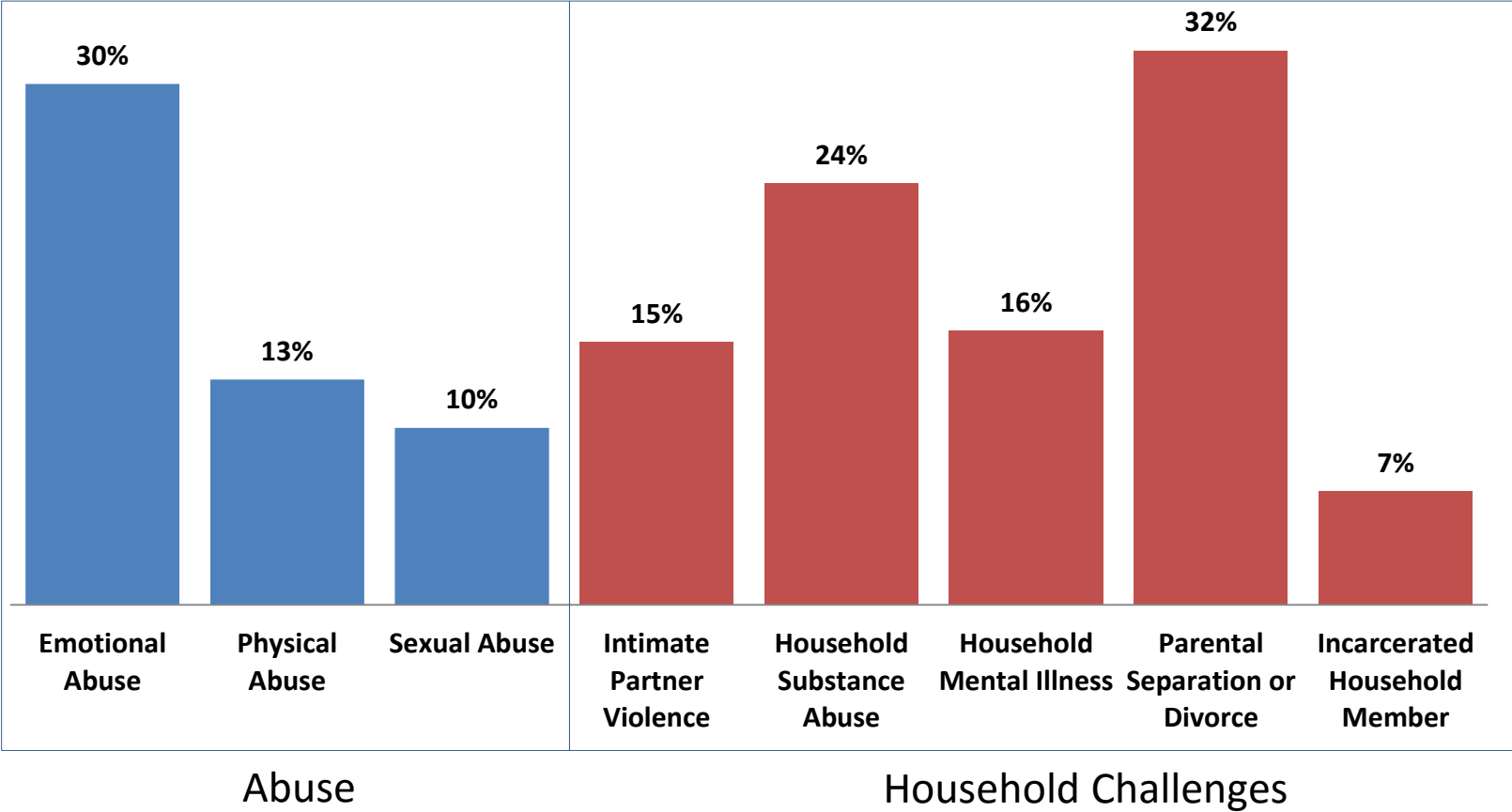


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**All respondents:** (variable calculated from one or more BRFSS questions)  
**N represents total number of positive responses for all Louisville**  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Percentage Residents Who Have Had One or More Adverse Childhood Experiences

In the year 2014, Louisville Metro had a third of its residents reported experiencing emotional abuse as a child and a similar proportion had experienced parental separation or divorce



Respondents who have had one or more abuse and/or household challenges: (variable calculated from one or more BRFSS questions).  
N represents total number of positive responses for all Louisville  
(\*) (\*) Definitions for special characters provided in the data notes (slide#4)

# Other Resources

- CDC BRFSS Data User Guide:  
[http://www.cdc.gov/brfss/data\\_documentation/pdf/userguidejune2013.pdf](http://www.cdc.gov/brfss/data_documentation/pdf/userguidejune2013.pdf)
- National and State BRFSS Prevalence and Trends Data:  
[www.cdc.gov/brfss/brfssprevalence/index.html](http://www.cdc.gov/brfss/brfssprevalence/index.html)
- CDC-Kaiser Adverse Childhood Experience (ACE) Study:  
[http://www.cdc.gov/violenceprevention/acestudy/ace\\_brfss.html](http://www.cdc.gov/violenceprevention/acestudy/ace_brfss.html)
- Healthy Louisville 2020 Website: [www.healthylouisvillemetro.org/](http://www.healthylouisvillemetro.org/)
- Healthy Louisville 2020 Data Tracker:  
<http://www.healthylouisvillemetro.org/index.php?module=Trackers&func=display&tid=1002>



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